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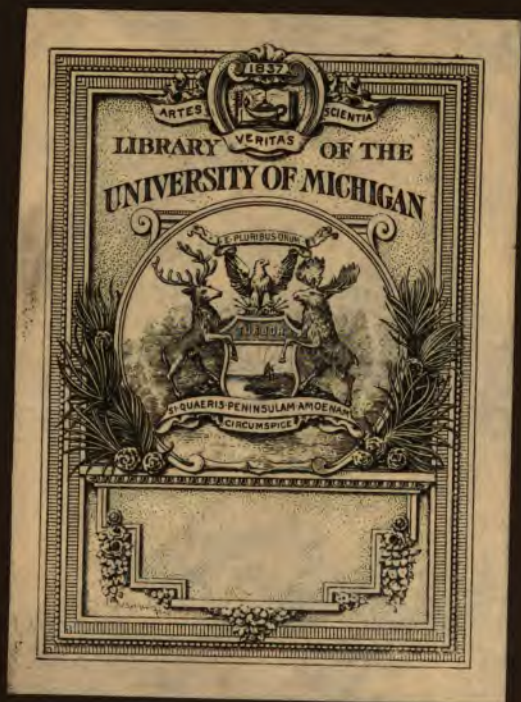
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EUROPEANS' GUIDE & MEDICAL COMPANION

IN
INDIA.

BY

Dr. GANGADIN,

HOMŒOPATHIC PHYSICIAN AND SURGEON, SPECIALIST IN DISEASES
PECULIAR TO WOMEN;

AUTHOR OF PEOPLE'S GUIDE AND MEDICAL COMPANION, ETC., ETC.

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ERRATA.

Title page,	line	7.	for	Homœopathic	read	Homœopathic.
Page	III	„	8	„ food of	„	food for.
„	III	„	17	„ Opthalima	„	Ophthalmia.
„	IV	„	31	„ in a generality	„	in the generality.
„	VI	„	24	„ in more	„	more comprehensively in.
„	2	„	4	„ desolving	„	dissolving.
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„	11	„	11	„ continual	„	continued.
„	12	„	26	„ malarious	„	malarial
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„	72	„	27	„ chloroses	„	chlorosis.
„	89	„	24	„ Opthalima	„	Ophthalmia.
„	92	„	29	„ allowed	„	disallowed.
„	96	„	10	„ both	„	any.
„	110	„	15	„ breath	„	breathe.
„	112	„	30	„ Pulsatila	„	Pulsatilla.
„	112	„	30	„ cattaral	„	catarrhal,
„	116	„	24	„ Hyoscymus	„	Hyoscyamus.
„	129	„	8	„ Typhoid	„	typhoid.



INTRODUCTION.

THIS book is written with the chief object of giving instructions to European comers and sojourners in India, for maintaining good health and avoiding tropical diseases, which so often cut short their lives. Only such instructions are given in it which are very necessary and important, and only those Indian diseases are described and treated with which Europeans generally get afflicted here.*

No doubt, there are many books written by eminent medical men on the subject, and so it might be considered a superfluity ; but if the contents of this be taken into consideration with the contents of others, it will be all apparent that such a book was very much needed. Almost all the books written by others treat the subject partially, such as, some one treats about the management of children, others about the maintenance of the health of females, some about the health of males, and so on, whereas this book treats the subject wholly and in all its phases, as will be apparent by the following paragraphs :—

This book is divided into seven Chapters. Chapter 1., which is on “The Effects of Indian climate on the health of Europeans, with general advice on the means of the preservation of their health in this country,” has the following sections under it :—(1)—The effects of the Indian climate and the various causations of unhealthiness ; (2)—Heat, the effects and consequences of heat, and how to avoid them with some remarks about the Hill sanitariums ; (3)—Chill or Cold, the effects and consequences of chill, and how to avoid

* NOTE.—For a more full information on general Hygiene, Food, Accidents and treatment of almost all diseases, the author's People's Guide and Medical Companion may be perused.

them; (4)—Poisonous effluvia. The different kinds of effluvia, such as, malaria, jungle and choleraic with their effects and consequences, and how to avoid them; (5)—Eating (what to eat and what not to eat); (6)—Drinking (what to drink and what not to drink); (7)—Clothing (what materials to be used in different places and seasons); (8)—Sleeping (the mode of procuring sound sleep); (9)—Bathing (its necessity in a hot country like this and how to perform); (10)—Dwelling (the selection or building of a healthy dwelling according to the climate of the place); (11)—Exercise; and (12)—Guide of Passions.

Chapter II., which is on “The most prevalent Tropical Diseases with which Europeans generally get attacked in this country, and their treatment,” has the following sections under it :—(1)—Typhoid Fever; (2)—Intermittent Fever; (3)—Remittent Fever; (4)—Masked Malarious Fever; (5)—Jungle Fever; (6)—Spleen, chronic enlargement of; (7)—Sunstroke; (8)—Lichen Tropicus; (9)—Boil; (10)—Congestion of Liver; (11)—Inflammation of Liver; (12)—Chronic Hepatitis; (13)—Jaundice; (14)—Dysentery; (15)—Cholera, Asiatic; (16)—Guinea worm; (17)—Sleeplessness, and (18)—Elephantiasis.

Chapter III., which is on “Advice to European ladies in connection with the management of their health in India,” has the following Sections under it :—(1)—Attending places of amusement; (2)—Management of menses; (3)—Management of health during pregnancy (with the treatment of minor troubles); (4)—Management of health at the period of change of life.

Chapter IV., which is on “The most frequent Female Diseases with which European ladies get afflicted in India, and their treatment” has the following Sections under it :—

(1)—Irregular menstruation ; (2)—Amenorrhœa ; (3)—Vicarious menstruation ; (4)—Dysmenorrhœa ; (5)—Profuse menstruation ; (6)—Leucorrhœa ; (7)—Uterine inflammation ; (8)—Overites, and (9)—Hysteria.

Chapter V., which is on “The management of European children in India,” describes the effect of the Indian climate upon the European children—management of the new-born infant—food of the infant—nursing and feeding during infancy and childhood—clothing—bathing† and exercises.

Chapter VI., which is on “The most prevalent Indian diseases with which European children get afflicted, and their treatment” has the following Sections under it :—(1)—Dentition ; (2)—Diarrhœa ; (3)—Constipation ; (4)—Wasting ; (5)—Thrush ; (6)—Cold or Catarrh ; (7)—Croup ; (8)—Whooping-cough ; (9)—Worms ; (10)—Tetanus—lock-jaw ; and (11)—Ophthalmia.

Chapter VII., which is on “The general description of the climate of the different places in India, with their suitability in certain diseases” has the following sections under it :—(1)—Bengal ; (2)—N.-W. Provinces and Oudh ; (3)—The Punjab, (4)—Sindh, (5)—Cutch ; (6)—Gujrat ; (7)—Maharatta Province ; (8)—Rajpootana ; (9)—Malabar Province ; (10)—Tamil Province ; (11)—Canarese Province ; (12)—Telugu Province ; (13)—Orissa ; (14)—Central Provinces ; (15)—Cashmere.

Great care has been taken in writing it in as simple a language, free from medical terms as is possible, so that it may be easily understood by those for whom it is intended. The treatment of the diseases is based on Homœopathic principle, and so the medicines prescribed are all Homœopathic, with the exception of a very few Allopathic and

Ayurvedic medicines, the doses of which are given wherever they are prescribed. The reasons for basing the treatment of diseases on Homœopathic principles are the following: (1)—Homœopathic medicines are simple and harmless, very safe in cases of children; (2)—They are more efficacious than Allopathic medicines; (3)—Homœopathic system of treatment is more rational than the old system; (4)—Homœopathic medicines are tasteless or sweet; and so of easy administration in cases of children and ladies who generally dislike bitter nauseous drugs. Homœopathic medicines are prescribed simply and alone, and not many mixed together, but when more than one medicine is prescribed, they are given in alternation to each other. They are generally given in two drop doses, if in tincture form. They are also given in the form of Pilules and Globules, the doses of which are two and four respectively; but it will be better if laymen will use more of tinctures than Pilules and Globules, as the latter generally get spoiled by the lapse of time, heat and moisture. The other form of Homœopathic medicine is that of Trituration, which is prepared with sugar of milk, the dose of which is as much as can be taken on one-fourth blade of an ordinary pen-knife. Children should be given half the quantity and infants one-fourth.

Homœopathic medicines are made of different dilutions or strength, by mixing spirits of wine or water in different proportions. Dilutions are also termed potency or attention. The original medicinal tincture is called mother tincture, and is signified by the signs $\odot$ attached to the name of the medicine. Dilutions are made from this mother tincture by mixing spirits of wine in a generality of cases and water in some. The first dilution, which is made by mixing nine times of spirits of wine or water, and is desig-

nated by the sign *ix* attached to the name of the medicine. In this way the dilutions are from *ix* to 1000, that is, there are, *ix*, 2*x*, 3*x*, 4*x*, 5*x*, 6*x*, then 5, 6, 9, 12, 15, 18, 21, 24, 27, 30, 100, 200, 500, and 1,000 different dilutions for use. Below thirty, they are called lower dilutions, thirty and above they are called higher dilutions. As a rule, in almost all acute diseases, medicines of lower dilutions are useful, and in chronic cases those of higher dilutions. To find out an appropriate dilution of a medicine to be prescribed in a particular case, is a thing which can be learnt by practice, but readers will do well to prescribe from 3*x* to 6*x* in cases of acute diseases, excepting a few which show a good action in *ix* dilution ; such as China, Ipecacuanha, Gelsimum and Acid Phosphoricum. Medicines which cannot be brought into tincture form in too lower dilutions, such as Hepar Sulph., Silicea, Antim Crude, Calcaria Carb., Sepia, Baryta Carb., &c., may be used in 5th or 6th dilution. In choronic cases they may use the 30th dilution.*

As regards the repetition of doses, it depends upon the urgency of the case as shown by the existing symptoms and the nature of the malady, such as in fever the medicine may be repeated every one, two or three hours ; in cholera, every 10, 15 or 20 minutes ; falling of pulse, every five-minutes or so. In chronic diseases the duration must be longer, say once or twice a day. There are many chronic diseases in which the medicine will be required to be administered on every alternate day or after two or three days. The more the disease is dangerous and of frightful symptoms, the more the medicine is to be repeated at shorter intervals. In many of the diseases the time for repetition is given, but when it is not given, the above-

* Homœopathic Medicines are prescribed singly, and if the symptoms indicate for two, they are given separately in alternation, but not mixed up together.

mentioned rules should be taken by readers for their guidance. Homœopathic external remedies are used in mother tinctures, and are designated by the sign ϕ attached to them.

The few *Ayurvedic* medicines which are prescribed in it are prescribed on Homœopathic principles, and their doses are given where they are prescribed. When a medicine is prescribed and administered, sufficient time should be allowed to see its action before a change be made for another medicine.

There is one thing which Homœopathic treatment strictly wants of its patients, and this is the observance of regimen. A patient under Homœopathic treatment, specially suffering with an acute disease, should not take anything which is medicinal in its property, anything which is intoxicating or stimulant, such as wine, tea, and coffee; anything which has strong odour or taste, such as ginger, chillies, mustard, camphor, assafoetida, cloves, nutmegs and such other things, generally known as hot spices and used in culinary. Besides this, he is also required to avoid flowers and scents.

In conclusion, I have to say that if this book proves to be of use to them for whom it is written and intended, I will feel myself highly remunerated, and will try to write it in more subsequent editions. I will be highly gratified and feel much obliged to those gentlemen, medical or others, who will give suggestions for making the book more complete, instructive and useful.

February, 1895.

The Author.

CONTENTS.

CHAPTER I.

	PAGE.
The effects of the Indian climate and the various causes of unhealthiness	I
Heat, the effects and consequences of heat, and how to avoid them with some remarks about the Hill sanitariums ...	6
Chill or Cold, the effects and consequences of chill and how to avoid them	10
Poisonous Effluvia	12
Malaria	12
Choleric Effluvia	14
Jungle Effluvia	16
Mode of Living	17
(a). Eating	17
(b). Drinking	21
(c). Clothing	22
(d). Sleeping	23
(e). Bathing	24
Dwelling	26
Exercise	28
Guide of Passions	30

CHAPTER II.

Typhoid Fever	31
„ Treatment of	32
„ Accessory treatment of	33
Intermittent Fever	34
„ Treatment of	35
„ Accessory treatment of	36
Remittent Fever	36
„ Treatment of	37
„ Accessory treatment of	38
Marked Malarious Fever... ..	38
„ Treatment of	39

	PAGE.
Jungle Fever	39
„ Treatment of	40
„ Accessory treatment of	41
Spleen, Chronic Enlargement of	41
„ Treatment of	41
Sun-Stroke	42
„ Treatment of	43
Lichen Tropicus	44
„ Treatment of	45
Boil	45
„ Treatment of	45
Congestion of Liver	44
„ Treatment of	46
Acute Inflammation of Liver	46
„ Treatment of	47
Chronic Hepatitis	47
„ Treatment of	48
Jaundice	49
„ Treatment of	49
Dysentery	50
„ Treatment of	52
„ Accessory treatment of	53
Cholera, Asiatic	54
„ Treatment of	55
„ Accessory treatment of	57
Guinea Worm	59
„ Treatment of	59
Sleeplessness	60
„ Treatment of	60
Elephantiasis	61
„ Treatment of	61

CHAPTER III.

Advice to European Ladies in connection with the management of their health in India	62
Attending places of amusement	62
Management of Menses	63
Management of health during Pregnancy	64
Management of health at the period of change of life	67

CONTENTS.

ix

CHAPTER IV.

	PAGE.
Irregular Menstruation	69
„ Treatment of	69
Amenorrhœa	71
„ Treatment of	72
„ Treatment of in chronic suppression	74
Vicarious Menstruation	75
„ Treatment of	76
Dysmenorrhœa	76
„ Treatment of	76
Profuse Menstruation	78
„ Treatment of	79
Leucorrhœa	80
„ Treatment of	80
Uterine Inflammation	82
„ Treatment of	82
Ovaritis	83
„ Treatment of	84
Hysteria	84
„ Symptoms	84
„ Treatment of	85

CHAPTER V.

Advice on the Management of European Children in India—Management of the new-born infant—food of the infant—nursing and feeding during infancy and childhood, clothing and exercises	86—101
---	--------

CHAPTER VI.

Dentition	102
„ Treatment of	103
Diarrhœa	104
„ Treatment of	104
Constipation	106
„ Treatment of	106
Wasting	107
„ Treatment of	107
Thrush	108
„ Treatment of	108

	PAGE.
Cold or Catarrh	109
„ Treatment of	109
Croup	110
„ Treatment of	111
„ Accessory treatment of	111
Whooping Cough	112
„ Treatment of	112
Worms	113
„ Treatment of	114
Tetanus—Lockjaw	114
„ Treatment of	115
Convulsion	115
„ Symptoms of... ..	115
„ Treatment of... ..	116
„ Accessory treatment of	116
Ophthalmia or Inflammation of Eye... ..	117
„ Treatment of	118
„ Accessory treatment of	119

CHAPTER VII.

General description of climates of different places in India with their suitability in certain diseases.

Bengal and its Chief Towns	120-121
North-West Provinces and Oudh and their Chief Towns	121-122
The Panjab do. do. do.	122-124
Sind Provinces and its Chief Towns... ..	124-125
Cutch do. do. do.	125
Gujrat and its Chief Towns	126
Mahratta Province and its Chief Towns	126-127
Rajputana and its Chief Towns	127
Malabar Province and its Chief Towns	128
Tamil Province and its Chief Towns	129-130
Canarese Province and its Chief Towns	130
Teluga Province and its Chief Towns	131
Orissa and its Chief Towns	131
Central Provinces and its Chief Towns	131
Cashmere	131

CHAPTER I.

The effects of Indian climate on the health of Europeans, with general advice on the means of the preservation of their health in this country.

TILT is quite right when he says, "we have conquered India, but we succumb to its climate." The climate of India is so antagonistic to the Europeans' health, that, to a more or less degree, it deteriorates the health of all European comers, without exception. Not only this, but the mortality among the Europeans are far more in India than at their homes, or comparatively among the natives of this country. Man, woman, young or old are no exception to its ravaging influence. The temperature of the country is comparatively too high to that of England, or any other European country; and Indian heat, leaving aside the other things, is too potent enough in itself to blanch the rosy colour of the cheeks in young ladies, enervate the soldiers by making their blood thin and anæmiac, and retard the healthy physical development of young children, whether newly arrived or born in India. Many diseases, which take a mild course in England, do take a very severe course here, and often prove fatal to the sufferer, owing to the severity of heat of the place: besides this, there are a set of quite new diseases which the Europeans become destined to meet here, and which they could never have met in their own countries.

The mortality is frightful, if compared to that of England. A writer in *Sanitary Review* of October, 1857, under the title "The British Jaggarnath in India" remarks: "At recent periods European regiments in India have melted away like the spectres of a dream. A thousand strong men

formed this year a regiment; a year passed away, and a hundred and twenty-five new recruits were required to fill up the broken column; eight years passed away, and not a man of the original thousand remained in that desolving corps." Again Dr. Townsend's table plainly shows the greater mortality of European children in this country than in England. The rates are per thousand:—

			England, the mean of 29 years.	Bengal, Soldiers' children 1870.
Under five years	...	...	67.58	148.10
Five to ten years	...	...	8.80	17.73
Ten to fifteen years	...	...	4.98	11.51

In England the mortality of infants is 15 per cent. to that of the birth-rate in the first year, whereas in India it is from 27 to 33 per cent., as will be evident by the following quotations from the *Calcutta Review* of 1851:—"Taking of returns of two regiments which reached India last year, we find in one, there have been born forty-four children of whom at the end of fifteenth month, there are only twenty-nine surviving, showing a loss of 27 per cent. within first year. In another regiment, fifty-two children have been born within fourteen months, of whom thirty-two have died within the same period, giving a ratio of mortality equal to 33 per cent. during the first twelve months of their Indian life. In another case, taking the children born in England and on Board-ship, who arrived with the regiment in India eight years ago, out of 159 (the original number) no less than 110 have perished. Of the remaining forty-nine, how few in all probability will grow to manhood; hence we see that whether we take hundred children imported from England born of healthy parents, or hundred children born

of the same parents within the first year of their arrival in India, still the melancholy fact remains the same."

Again Dr. Moore writes in his book entitled "A Manual of the Diseases of India":—"The mortality of children in India is enormous; in Bengal, 84·2, in Bombay Presidency, 70·7, in Madras, 39·8 per thousand per annum; while in the most unhealthy of our manufacturing towns at home it only reaches 22!"

Many such quotations can be given from different writers on the subject to prove the fact that Indian climate is eni-mical to the European health, but that will simply produce horror in the minds of Europeans and make them disinclined to come to this country. It is not only heat, but there are many things more which go to operate in producing unhealthiness and mortality in Europeans. Heat, of course, is the most important factor, as it goes to produce thinness and impoverishment of blood, and several inflammatory diseases in the various parts and organs of the body of a class of people whom nature produced in a climate too colder than that of this country. The great variations of tem-perature at different places and in different times in India, also act strongly in producing unhealthiness and disease in the Europeans, who are the natural inhabitants of a place having even temperature all the year round, except a little change between summer and winter. Here, in Northern part of India, the summer is unbearably hot, and the winter too severe, and so in this part of the country we have ex-tremes of temperatures. Besides summer and winter, there is also rainy season which in some parts has a fixed time to set in, whereas in others the rains occur by fits and starts, changing climate suddenly from hot to cold, and so pro-ducing chills, which is another important cause of producing disease and unhealthiness. There are some places where hardly any rain occurs or very little rain falls, such as Sind,

and here also the summer is too hot and the winter too cold. This great variation of heat and cold are found all over Sind, Rajputana, Punjab, North-Western Provinces, and some parts of Bengal. Bengal, which is too hot in summer, is not so cold in winter. Besides the proper rainy season, rain also falls in Bengal by fits and starts all the year round, and so tending frequently to change the temperature for short intervals. While there is very little rain-fall in Sind, rain incessantly falls almost all the year round in Assam, and we have the greatest rain-fall in it, greater than that of any place on the surface of the earth. Again the southern parts of India, below Rajahmundry to Cape Comorin, rain-fall is more frequent, and the country is hot all the year round. The summer there, is not so hot as that of Northern India. Still it is in no way agreeable, and can be considered very hot, while the winter is neither hot nor cold ; still it is hot enough to disallow a man from taking a walk during the day. There, too, the temperature is lowered suddenly for short intervals by rain-falls causing chills. The south-west part of India is not so hot as the south-east part, as there the south-west monsoon commences in April and continues till September, pouring continuous torrents of rain, and so keeping the temperature very much lowered ; but there also the intensity of heat is experienced on days when no rain falls. Bombay Presidency is not so hot as Madras Presidency during the summer, but is much colder than the latter in winter. In Madras Presidency summer season lasts for a comparatively longer period than any where else, whereas the winter season lasts for two months, *i.e.*, December and January, hardly to be considered winter for a man who goes there from North India. Winter in Bombay is colder than Madras, and extends little longer, about three months. Punjab, the most north-westerly part of India,

has a severe and long-lasting winter in comparison to other places. The winter begins from November and fairly lasts till April or middle of May in some parts of it.

The position and feature of the country, its air, and peculiarity of land at different places, owing to the presence of mountain ranges, forest and sea around its southern slope, have made it a country of endless variety of climate, prejudicial to the health even of its own inhabitants, and more so of the Europeans who come from far up-countries. For example, we can say by our own observation and experience, that the climate productions, &c., of South India are not at all suitable to the people of North India ; nor those of North India to the people of South India. Again there are certain places in India, such as Bangalore, Hyderabad Sind, where in some parts of the year the days are hot or very hot, and the nights cold and chilly. Such a peculiar change of temperature between days and nights is productive of much unhealthiness. It invariably produces congestion of lungs and liver, and hundreds are taken away every year by these diseases in Bangalore, and thousands continually suffer.

Besides heat, cold or chill caused by sudden change of temperature and the great variations of temperature found in certain places, there is a class of another thing which tells much upon the health of strangers. This is a class of effluvia emanating from damp and unhealthy places. One of this class is called *malaria*, and is found much in Bengal and Cutch, producing the several kinds of malarial fevers which devastate the people of their own provinces, and run up to the adjoining provinces being blown by the wind, and producing devastation there, too. The other class may be called Choleraic effluvia which produces Cholera, the most fatal disease, which sweeps the country by lakhs. The other sort may be termed jungle effluvia, which produces several kinds

of diseases, such as jungle fever, diarrhœa, dysentry, &c.; the types of which are not to be met in towns and cities. The indigo, tea and coffee planters generally suffer by the effects of jungle effluvia, whose occupation obliges them to live in jungles. With the different kinds of effluvia, the Natives and Europeans suffer alike.

It is no wonder that the mortality of Europeans in India is too much in comparison to that in their own country, when there are so many potent causes for it in existence in this country. But the question now comes whether the mortality can be reduced to a great extent, and their health kept in a comparatively much better state than what they keep in an ordinary way. We answer this question in the affirmative. Although it will be quite idle to think that Europeans can keep the same health here what they keep in their own country, or that the mortality can be reduced to the same rate, what is in England; but much can be done for the betterment of their health, and the reduction of mortality, to a great extent, by following the advices given in the following pages:—

There are five heads under which we offer our advice, and these are:—(1) heat, (2) cold or chill, (3) poisonous effluvia, (4) on the mode of living, (5) guide of passions, and which, if followed, will be productive of the desired aims.

2.—HEAT.

As has already been said, heat acts forcibly in debilitating the Europeans and producing unhealthiness and disease in them. It directly produces some strong and severe inflammatory diseases, and indirectly it goes undermining the health of Europeans by impoverishing their blood and weakening their constitution. Under its influence, the European females lose their rosy colour, and become subject to inflammatory diseases of the womb; children become dull and blanched, and do not grow as steadily

as they should. Europeans in India should avoid as much heat as possible. They should not go out between hours of 9 A.M. and 6 P.M., specially in summer season. Ladies can easily follow this advice, and children can be also kept in from going out by keeping an eye over them ; but many Europeans (males), whose duty compels them to go out when the direct rays of vertical sun is falling fiercely, cannot follow this advice and keep themselves shut in their bungalows. Those, whose business compels them to go out and brave the sun for hours together, whether in a carriage, horseback or by foot, should go fortified against the consequences from the attack of direct heat. The four vital parts of the body—head, chest, abdomen and spine should be well secured against the influence of heat. The best headdress for the purpose is the use of turban, a headdress which is worn all over the most hot portions of India by the natives, such as in the Punjab, N.-W. Provinces, Sind, Rajputana, Maharashtra and Madras Presidency. It is a great safe-guard against heat and sun-stroke. The turban used by the people of the country generally are from seven to fifteen yards. Though this headdress is the most suitable for obviating the heat of the sun, still we fear it will not find much favour with the Europeans, who will be prejudiced to use, it being a native headdress. Next to this we would recommend the use of *sola* hats. The hat must be so made so as to grasp the head loosely, but in such a way as to disallow the entrance of air ; and the summit of the crown must be sufficiently high as not to touch the top of the head. The common felt helmet is also a good headdress to thwart the heat of the sun. Leather helmet can be also of service. Turban or *paggree* may be worn around the helmet with advantage : it must be of some light cotton material, six or seven yards long, and about three or four inches wide,

when doubled twice. It is very safe to keep some green leaf inside the hat on the head: the best is the plantain leaf for the purpose. If at the time of going out in the sun a plantain leaf is not available, it is better to keep a handkerchief moistened with cold water and spread on the crown of the head within the hat, than to go out with hat only.

That part of spinal column which is at the neck, and a little below is most sensitive to heat, and a kind of sun-stroke, called heat asphyxia, generally occurs on account of the direct attack of heat on that part. For the preservation of this, we recommend the use of a T shaped collar to be prepared of India rubber enclosed in linen, the down part of which may reach as far as three or four fingers down the neck. The rubber must not be too thick or too thin; it may be one-sixth of an inch in thickness, and must be attached to that part of the collar which covers the spine, and not the neck. For the preservation of lower parts of spine, chest and abdomen, a thin pure wool flannel shirt will be quite sufficient, to be worn next to skin or over cotton shirt, just according to the liking or sensibility of the person. These precautions are only necessary, when they go out, and not when they are in the houses. Punkha is a necessary thing for Europeans, and without it in the summer season, it is quite impossible for them to live. Punkha is generally used day and night: but it is better to sleep in the verandah or even in the compound during night than to sleep inside a room under punkha. But this can be only done at places which are free from moisture and poisonous effluvia, such as Sind, Punjab, N.-W. Provinces, &c.; Bengal, Cutch, and places near Eastern and Western Ghats will be too dangerous for Europeans to sleep out in the night. Ther-mantidote and Tatty can also be used; they go to reduce the temperature of the whole house.

It will be very beneficial for Europeans to go to some hills every year in summer season, if they can afford to do so. The climate of the hills is almost similar to that of Europe, and by sojourning there during summer, they will obviate at least the effects and troubles of heat. The hills not only are free from heat, but also generally free from poisonous effluvia. There are several hill stations in India ; in Bengal there is Darjeeling ; in North-Western Provinces, Nainital ; in Punjab, Dalhousie and Simla ; in Central Provinces, Pachmarahi ; in Rajputana, Mount Abu ; in Madras Presidency, Nilgiri Hills : and in Bombay Presidency, Mettunon and Mahableshwar. Besides these, there are many hill stations of less importance, and some of which are specially for the soldiers, called military hill stations. These military hill stations have almost similar climates, except little differences, owing to their differences of heights, and the locality in which they are situated. During the summer season, when the heat is scorching on the plains, and when a man thinks himself as if in hell, being troubled by the effects of heat, it is most pleasant to walk on hills which seem as if heaven, with its evergreen shrubs and trees and winding rivulets, in comparison to the sultry and dreary plains. Cashmere, a high elevated plateau, is renowned to be a most healthy place in India, where the Moghul Emperors in their days were going to pass the Indian dog-days. It is a very cool place in summer, just like the hills, free from any heat, but surpasses the hill stations in charm- ingness. Its beauty and salubrity is intensified by the presence of a charming lake called Wooller, which contains thousands of boats for recreation ; the flowering of flower- shrubs which extends so much as to seem that large carpets of flowery velvets are strewn on the land here and there ; and by the presence of several rivulets of pure sweet water imbued with wonderful properties of producing good diges-

tion and great nutrition. The valley of Cashmere has been much extolled for its beauty and healthiness by the ancient poets and medical men in India. The readers must choose for themselves according to their convenience and inclination to go to any of the above-mentioned places when they are in health, but if they be ailing with any illness, or have just recovered from some illness, it will be better for them to consult their physician for choosing some health-resort. Such Europeans, who, on account of their work or official capacity, cannot afford, or are not allowed to go to the hills during summer, should take trips to Europe after every five years, and must go and remain there for at least one summer season; unless they do so they will spoil their health to a great degree. We know from our daily practice that Europeans, whom circumstances did not allow either to go to the hills or to their home, have been very much deteriorated in their health, and reduced in both mental and physical capabilities.

3.—COLD OR CHILL.

Cold or chill is the most potent cause in producing many diseases, such as Rheumatism, Pneumonia, Dysentery, Croup, Bronchitis, Cough, &c. No one should wonder that in a hot country like India diseases are also produced by cold in winter season; as it has already been stated before that in most parts of Northern and Central India the winter is severe, and that great variations of temperature occur, owing to sudden occurrence of excessive rain-falls at certain places, and also owing to prevalence of monsoon in the southern parts of India, on the Ghâts. A cold or chill can be also occasioned, if a person, after brisk walking or doing any active work, which has produced some fatigue and warmth in the body, exposes his body, especially by putting off his clothes to the cold current of air, in order to

cool himself. One should not put off his clothing, or even his hat, just after entering house, after taking a brisk walk or ride. Any upper garment or hat should be only removed after taking a few minutes' rest, otherwise it will occasion cold or chill. Europeans in India are more liable to chill by the sudden change of temperature, which generally occurs in this country, and by exposure to cool draughts of air after exercise or active work, than by the cold season of the country. Chill is also produced in certain parts of India where the wind is laden with moisture. This kind of chill produces a continual feverish sensation in a person who resides at such places. Such kinds of damp chill are met in some parts of Bengal, below Madras near Pondicherry, and some other places.

The best way to guard from cold or chill is to wear flannel shirts either next to the skin or over cotton shirts. A thick flannel shirt should be used in winter, and a thin one in summer. Care should be taken not to expose the body to currents of cool air during night after heavy rain-falls. During rainy season, one should avoid as much as possible going out, and, if compelled by duty, should go provided with a suit of water-proof clothing. It is good to use blankets, even in summer, if the temperature of the place gets suddenly cooled by rain-falls or otherwise. Great care should be taken to avoid chill at places where at certain times the days are mild or hot, and the nights cold. Sufficient clothing should be used in the night to keep the body thoroughly warm. No night walks should be taken at such places in such nights. At some places, such as the Punjab, Sind and North-Western Provinces, where the winter is severe, it will be necessary to keep the house warm by means of fire.

4.—POISONOUS EFFLUVIA.

The first and prominent among the several kinds of poisonous effluvia is malaria. Malaria is found in low and marshy lands, and is a peculiar kind of vapoury emanations coming out from decaying animal and vegetable matter mixed up with a damp soil. It has a specific action in producing a class of fevers called malarial, the chief among which is the intermittent fever. It is also produced at places which are visited by floods, the cause being the same, that is the decay of animal and vegetable matter brought on by the floods and deposited there. The malarial effluvia commence to generate, as soon as the flood passes off, and the sun begins to act upon the deposited matter. We have not been able to find out the constituent part of malaria, but it is quite certain that it is a specific kind of vapoury emanation quite different from other poisonous effluvia, and which is apparent, by its producing a peculiar class of maladies quite different from others. The different kinds of malarial fevers and of different types produced in different persons, depend upon the amount of the malarial poison a person has inhaled, his susceptibility and strength, and the particular strength of the virus inhaled. Malarial virus of different places and at different times have been known to be of different intensity. Many cases have been observed in malarious districts, where some susceptible persons have died within a few hours after having inhaled malarious virus, and suffered with a little shivering and strong fever: such cases in India might have been well mistaken for Asiatic cholera, had it not been for the presence of fever and the absence of evacuations. Malarial effluvia are heavier than the atmospheric air, and so they cannot rise high. It has been observed that persons sleeping on the ground or lower storey are more prone to its attack than those living in upper storey; besides this it is also proved that the poison is more

active in night than in day. Many places known to be most malarious have been visited by persons in the day without any danger, but when the same places have been resorted to by others during night, they were attacked the next day, almost without exception, with malarial fevers. Its virulence is more active in improperly and insufficiently fed persons. Water has the power of absorbing it, and so it also attacks through the medium of water. It can also attack the neighbouring districts, being carried away by the winds ; but large surfaces of water, such as rivers, lakes, and ponds, and assemblage of trees, obstruct its progress. Malaria not only produces fever, but also diseases of spleen and liver which deteriorate the blood in a peculiar way, finally resulting in death. There are several thousands of deaths annually recorded in malarial districts of Bengal caused by malarial fevers and their concomitant diseases, inflammation and enlargement of spleen and liver. It seems that the malarial poison has specific action in weakening and deteriorating the blood, because we see that in malarial districts even those persons, who had not any attack of malarial fever, are generally weak, pale, anæmiac and sickly, whereas it is not the case with people of non-malarious districts.

The following should be observed for remaining free from malarial attack :—(1) As much as possible an European should avoid malarial districts, but when service or duty compels him to live in it, he should select a place for his living on a high ground far from the native quarters, ravine or swampy place ; (2) the house should be made double-storied, and the upper storey should be used for living, the lower one may be left for servants and stores ; (3) a small pond must be dug in the compound and kept filled up with good water ; (4) a good number of sunflower trees may be grown in the compound, these trees have the power

of absorbing malarial effluvia ; (5) powdered-coal or charcoal should be kept in basin and shallow dishes here and there in the verandah, like sun-flower trees they have also the power of absorbing the malarial effluvia ; (6) thatched houses must also be avoided as much as possible, but if unavoidable the thatching should be removed after every rainy season, or if this be also impracticable, powdered-coal or charcoal should be flung on the *chupper* after the rainy season is over ; (7) going out of door during the night should be avoided, but, if necessary, a few petals of sun-flower may be put in a silken handkerchief and the same applied to the mouth and nose during walking or driving out of doors ; (8) periodical going to hills or some other healthy non-malarial place during the malarial season. The malarial season is from August to October and at some places also April and May.

Choleraic Effluvia.—The most fatal kind of effluvia is that of the Asiatic cholera, which remains always present in India. Its most favourite place is the Gangetic provinces in the north, and the districts of Trichinopoly and Tanjore in the south. In Bengal, it remains all the year round in endemic or epidemic form. It visits other places in India in course of three or more years, or when opportunity offers of its being carried away through the medium of diseased person suffering with it, or some such menstrea. It often breaks out at places of large congregation with less sanitary arrangement, such as the fairs of Hardwar, Allahabad, and Benares. Readers must understand that the Asiatic cholera met in India is very much dissimilar to the *cholera morbus* prevalent in England and other European countries. Asiatic cholera is much more virulent in its nature than the *cholera morbus* of European countries. There are very few records of its having visited European countries, and that too after many lapse of years, whereas

in India, it is almost always present. Its characteristic symptoms are the following:--Sudden extreme mental depression, prostration, vomiting and purging of fluids like rice water, cramps, coldness of extremities, unquenchable burning thirst, and great fear of death. We have seen cases in which persons have died within an hour with one or two evacuations only. The severity of the disease depends upon the quantity of the *cholera miasma* taken by the person and his susceptibility to the poison. Cases have been seen in which persons have become at once blanched and prostrated as soon as the *cholera miasma* had entered their system, and before they had passed any evacuation. Such severe cases generally end in fatality, if timely medical aid is not obtained. Like malaria we have not as yet been able to determine what this cholera germ is; however, so far is certain and apparent, that it is a kind of specific virus producing a peculiar disease of the most fatal nature, quite different from other diseases of similar nature in its peculiar specific action. Cholera is the most fatal of all acute diseases, and sweeps annually in India, by lakhs. Although it is a quite different thing from malaria, but seems to have the same cause for its origination which may be, under some different circumstances, unknown to us at present. It is often seen to occur at places, where decay of animal and vegetable matter is going on, or where floods have occurred. It is more prevalent in April, May, and June, than any other part of the year, but it is of the most fatal nature when occurring in November, December and January. Unlike malaria, it is light and is carried by the wind from one part to another, and so often travels thousands of miles which malaria cannot, devastating in its way thousands of people. Its virulence is more propagated and intensified by overcrowding, filthiness, vitiation of air and water, destitution and fear. The following should be ob-

served for avoiding an attack of cholera :—(1) while cholera is raging in a town, people should not entertain fear for the disease. We know by long observation that fear is the most potent cause of producing cholera at a place where cholera is raging. The depression of mind which fear brings in, makes the person more susceptible to the influence of the virus which is present in the atmosphere. (2) A piece of copper (a quarter-anna copper-piece will do) should be worn next to the skin during cholera season. It can be conveniently used by boring two holes in the copper-piece, and attaching it with a silk cord round the arm. (3) A piece of camphor may be kept tied in the corner of a handkerchief, and smelled now and then in cholera season. It is also good to take a drop of Rubini's camphor on a little bit of sugar every day in the morning. (4) The food during such time must be simple, not complex, and the stomach should not be loaded, specially with fats and fruits; (5) no such work should be done which may produce fatigue or depression; (6) stimulants, such as tea and coffee, can be taken with advantage in a little larger quantity; (7) night-watching should be avoided by all means, and sound sleep procured.

Jungle Effluvia.—It is a poisonous vapour arising from decaying leaves, &c., in jungles. The emanations generally arise from ravines in the jungles, containing water and vegetable matter in a mixed state. The fever caused by this kind of effluvia is similar to that of remittent fever, but differs in its duration. It remains protracted for a long time, and is often accompanied with evacuations from the bowels. It causes also diarrhoea and anæmia. The peculiarity of the diseases caused by the attack of this kind of effluvia is that the diseases are obstinate in their nature, lingering for a long time, and not easily curable. They also produce sometimes dropsy. Very few Europeans are liable to be attacked by

this, as those only can be brought under its sway whose business makes them live in the jungles, such as forest officers and tea planters. The great medium of being attacked by this kind of effluvia is water, and so great care should be taken in using water. Clear water falling from a precipice, where there is no vegetation, should be used after boiling and filtering. On no account, water taken from ravines or flowing stream overgrown with vegetation, should be used for drinking. If no better water is to be found, then it should be used after distilling. Tea and coffee should be used in excess advantageously. The diet must consist of plain simple nutritious food. Bread, meat, rice, milk, potatoes and some green vegetable is all what is required. The precautions which have been said under the heading of malaria, should also be observed in this. This kind of effluvia is not met in cities and towns. Persons suffering with the effect of this should at once remove to a healthy town.

5.—ON THE MODE OF LIVING.

Under this we offer our remarks on the following headings :—(a) Eating ; (b) Drinking ; (c) Clothing ; (d) Sleeping ; (e) Bathing ; (f) Dwelling ; and (g) Exercise.

(a) EATING.

The food which a European is required to take in this country for sustaining his life and maintaining his health must be quite dissimilar to that what he is required to take in his own country for the same, on account of the difference of climates. In a hot country like India, nitrogenous and fatty food should not be used much, such as meat, eggs, butter, &c. By this we do not mean that they should be used sparingly, but that they should be used proportionately, less than what they are used in cold countries. Such as flesh, which is used in almost all meals in England, should be

used only once or twice a day here. Beef and pork, which are considered much nutritious in Europe and so much used there, will prove to be hurtful if used much here. Flesh of goat, lamb, fowls and birds are more suitable to the Indian climate than beef and pork. Beef and pork, if possible, should be totally abstained in India ; if not, they should be used very sparingly, and in winter season. The ancient medical authorities of India are very much against their use in this country. Fatty substances, such as butter, ghee, oil and things which contain good deal of oil, are not much required in this country. They get consumed when used in cold countries, whereas they produce heat, thirst, indigestion and obesity, if taken much in this country. Eggs are both too much nitrogenous and carbonaceous, and so they should not be taken much, especially in summer season. Although eggs are very nutritious and contain in a concentrated form good deal of tissue-forming and heat-producing things, still owing to the heat of the country they should be used very sparingly ; the same rule applies to fishes which are very hot and produce thirst and heat in the system. These should be taken in small quantities especially in the summer season ; there is no harm in taking them in little more quantities during the winter season, but this rule only applies to north India, and not south India where the winter is almost like summer. Vegetables, especially succulent, are more suitable than meat in tropical countries, and so they should be taken comparatively more in this country. Milk, which though animal diet and containing both nitrogen and carbon, can also be taken comparatively more in this country with advantage. .On account of its containing a great quantity of water, it does not produce heat or thirst, and is easily digestible. Pulse, which the Europeans never or seldom use, should be used at some meal, instead of flesh, as it is as good a nitrogenous food as flesh, minus the

property of producing heat. Besides this, Europeans should know that the different parts of India on account of their different peculiar climates require persons to take different kinds of food and prepared in different forms, such as in Bengal, easily digestible food and containing more starch is necessary, as rice, vegetables, milk, and fish-broth; in Madras Presidency, light watery and acidulous kinds of food are necessary, such as rice, doll-water, watery preparations, vegetables, butter-milk, and sour-soups, prepared with tamarind, &c; in Bombay Presidency, both light and strong food in equal proportion are necessary, such as rice, bread, doll-water and semi-liquid soup; and in N.-W. P. and Punjab mostly solid and hardly digestible food predominate, such as bread, flesh, doll-thick, &c. We know by observation and experience that if the form of food be changed in one Province for another, it will produce indigestion even in the natives of the country. If a Punjabi takes the same food what he takes in his own country, while living in Madras, he will surely suffer with indigestion, or if he be made to take the food what the natives do take there, he will no doubt suffer with some degree of starvation; but if he be kept on a diet which may consist of something of his own and something of the place he is sojourning, he will, as we know by experience, keep his health satisfactorily, and this is the course which a European is required to follow while sojourning in this country, of course taking both into his consideration, the climate of India as a whole and also that of the part where he be residing. All articles of diet, whether animal or vegetable, must be carefully selected, and it will be much better for them to see now and then things brought for their use, and not live entirely upon their butlers; they should never lose sight of supervising now and then the work going on in the kitchen, as the Mahomedan cooks, who generally serve

them, are most dirty and filthy, and food cooked carelessly, without proper cleanliness, will be productive of disease and unhealthiness. All foods must be cooked in brass vessels well lined with tin ; the lining should be renewed every fortnightly or monthly. It is better to use brass vessels than copper ones, as they are more safe than the latter. They should be often examined, in order to see that the lining is not effaced, as copper poisoning occurs owing to it. In a hot country like this, food cannot be taken, digested and assimilated in that quantity in which it is taken in cold countries, so Europeans should feel satisfied with two meals a day, with a light tiffin at about 2 P.M. Tea, coffee or cocoa may be taken morning and evening with a little biscuit or a crumb of bread. A heavy tiffin will always prove injurious in this country ; sweets can be taken with advantage here. The too-numerous preparations of sweets of this country with diversity of taste, far excel the number, tastes, and nutritive properties of European sweets, and so they can be taken with advantage without that foolish and arrogant prejudice which some Europeans have in using native sweets.* For more information on food, see the Author's book—" People's Guide and Medical Companion."

* NOTE.—In a book on Etiquette, the European author advises Native gentlemen not to eat Native sweets in a Railway carriage as the sight is disgusting to the latter. I know of many Europeans who take Native sweets with great fondness, and speak highly of their taste and nutritive value. Any medical man will at once accept their nutritive value as soon as he comes to know the composition of some of them, and as regards taste, one can know by tasting and comparing with European sweets. There may be few like the author of that book on Etiquette whom the sight of the Native sweets may be sickening, but my question to them is, do the Native sweets contain anything poisonous or any thing which the Europeans do not take ? They contain nothing but flours of different grains, butter and sugar, things which all Europeans take both here and in their own country ; then why this disgust ? If they say that they are prepared by the Natives, then my question is, are not the cooks employed here by European but Natives ? Then why this foolish and arrogant prejudice ?

(b) DRINKING.

The best natural drink for man is pure water, whether in this or other country. Intoxicating liquors, which are useful in no way, but are harmful, are more injurious in this country on account of its hot climate. Wine is no food in any way, and hence it is not necessary. For more information on it see the Chapter on Hygeine of "People's Guide and Medical Companion." Heat irritates Europeans in India, and wine being hot, produces more irritation in addition to intoxication, which brings human beings to the level of brutes. Many atrocious deeds, such as murder and rape are committed by European soldiers under its influence. We are of opinion that wine is always injurious, whether taken much or in dram doses, and so Europeans wishing to keep health in India should leave it entirely. Sodawater, lemonade and other aerated waters are not so useful as are generally considered; however they are not injurious, if taken in moderation. Europeans should be careful in getting water for their use, as the waters of Indian rivers are generally bad, unless brought from the middle of the streams. The waters at the bank are generally made filthy by bathing and washing, and such water should not be used for drinking. The waters of surface wells are also bad, as it has been known without doubt that owing to sewage percolation, such waters are productive of diseases like cholera, typhoid fever, dysentery, &c. Deep well waters are good and pure, but deep wells are not found in all parts of India. Some well waters in India such as of Eastern Bengal contain malaria, and so great care should be taken in selecting water for drinking purpose at such places. The difficulty of getting pure potable water is obviated at some places where there are water-works such as Calcutta, Bombay, Madras, Lahore, &c. The best plan will be to get water from a well reported to be good, and then to use it after

boiling and filtering. If the water be very bad and muddy, a little alum powder may be mixed with it, which will cleanse the muddiness, and then it should be boiled and filtered. Such purified water should be used not only in drinking, but also in cooking. The old filthy custom of getting water in *masak* or leatheren bag should be discontinued, as it is not only filthy but injurious. The *masak* is made of leather, and every day some particles of that which is anything but slowly decaying animal matter, goes into the stomach of the drinker ; besides, the *masak* is so made that it cannot be cleansed internally. It is used for years together without being ever cleansed, until it is torn and worn out, and quite unfit for use. Earthen or iron vessels may be used in getting water instead of the filthy leatheren *masak*. English filters are most common in this country, and should be kept in each family for use.

(c) CLOTHING.

The selection of clothing should be guided by the season and place where the person be residing. Great care should be taken in using suitable clothing in different seasons and parts of India ; as many diseases, such as fever, diarrhoea, dysentery, pneumonia, asthma, and bronchitis are due to negligence or ignorance on this subject. In southern parts, warm clothing is not required all the year through. In western parts, *i. e.*, Bombay Presidency, leaving Sindh, the case is similar, although it is not so hot as the southern parts, and where light woollen clothings may be required. In northern and central parts, such as Bengal, N.-W. Provinces, Oudh, Punjab, Sindh, Central India, and Central Provinces, thick woollen clothing is required during the winter months, as the winter in these parts is severe. During the summer light tweed may be used in these parts. In the Punjab, where the summer is very hot, warm dressing is

required when it rains heavily. Europeans living in any part of India should keep themselves provided with suits of warm clothing to be used at any moment when required to do so owing to the abrupt change of temperature, which is so common in many parts of India. Even in severe heat of the northern parts, in order to keep off external heat, it is better to use next to the skin a thin flannel or merino shirt. Wool is a non-conductor of heat, and so it will keep off, to a great extent, external heat from entering the body ; besides this, it will not allow the speedy evaporation of perspiration from the body, as cotton and linen clothings do, and so keep the body cool with the perspiration. Winter clothings, both for males and females should be of such a nature as to protect thoroughly the chest and abdomen. The fashion of dressing, in which the whole or a part of the chest remains uncovered by the waist-coat, &c., should be discontinued, as there is every probability of its producing pulmonary diseases during the piercing cold months of northern India. It will be far better if they go out during winter nights thickly dressed, and with woollen overcoat on them. Blankets or quilts prepared with cotton may be used as coverlets during winter nights ; the latter is more comfortable and adapted to the climate of this country.

(d) SLEEPING.

Unless a man sleeps soundly for at least seven or eight hours, he can not be refreshed and be ready to perform his daily work with the same energy. Generally, Europeans do not get sound sleep in India, specially owing to heat and mosquitoes. The heat in most parts of India during summer season is so much, that even natives do not get sound sleep, who are born and accustomed to that climate. The trouble and restlessness which an European gets owing to the sultry hot night, are intensified by the continuous

stinging of gnats, and of which he had no experience in his own country. The both combine to make him remain awake, restless and fatigued, which produce in their train debility and disease. Mosquito curtains are used for protecting the body from the attacks of these troublesome insects, and *punkhas* are used to keep the heat off. But the *punkha* must be used continuously without interruption, which is often impossible, as the *punkha-puller* is apt to get sleep while pulling, as his master, and it has been repeatedly observed that the operation of pulling *punkha* is no less a producer of calmness and sleep in the puller than its wind upon the person on whom it is pulled. If the *punkha-puller* sleeps for a few minutes, the European will be drenched in perspiration, and when the *punkha-puller* awakes, he generally gives a vigorous pull in fear, which evaporates the perspiration and often produces chill, which is a source of many diseases. But there is no other alternative; he must either suffer from the heat and remain awake all along the night or undergo the chance of getting chill. But the use of *punkha* can be withheld in many healthy parts of India, where Europeans can sleep in their open compound during nights. It is not harmful but rather refreshing and useful to sleep for a couple of hours during day in the summer season, and those who can afford to do it must do, if they are masters of their time. But on no account they should habituate themselves to sleep during day in winter or any other season, as it will be productive of unhealthiness.

(e) BATHING.

In India bathing is as essential for the maintenance of health as anything else. It should be daily performed at least once. People here freely bathe twice or thrice a day during summer, and once a day in winter. There are millions of pores in the body which give out perspiration

and thousands of sweet-glands which give out a fatty substance. These substances are refuse of the body, and contain carbonic acid gas and other poisonous substances, which if not allowed to come off, might produce serious diseases. Owing to the heat of the country, the skin acts more strongly here than in England or other countries of temperate climate, and causes to flow continuously in enormous quantities perspiration and fatty substances, just alluded, which if not removed by daily bathing, will clog the pores of the skin, and retard their further coming out, a thing which will be the source of many diseases. The best time for bathing is morning in this country, after attending the calls of nature; and it will be better to take a brisk walk after bathing, which will produce a good deal of perspiration, which is anything but the purification of blood. During summer, bathing may be done twice with advantage; the second time of bathing should be an hour or so before sunset, that is, between 5 and 6 P.M. During summer, bathing should be performed with ordinary cold, well or river water, but in winter in North-Western and Central India it should be done with warm tepid water. Cold water may be used all along the year in southern and western India. The body should be thoroughly rubbed with a rough towel and soap and water, and afterwards well washed with water, and dried with another dry towel.

During summer, bathing can be pleasantly performed in rivers, canals and lakes, but, before entering such places of bathing, it is necessary to know if they are safe, as generally rivers and lakes are habitats of many kinds of injurious animals, such as alligators, crocodiles, &c. Sea bathing can also be obtained at the coastern parts of India, and is very healthy. The best places are at Karachi and Cape Comorin. Bathing under falls of cataracts is also both healthful and pleasant. There are many falls in India, and

the best among them for the purpose of bathing, is the falls of Kotalum in Tinnevely district of South India. For more information on the subject see the author's " People's Guide and Medical Companion."

DWELLING.

The dwellings provided for the Europeans in India are generally unhealthy, the reason being that the house-owners, who are generally natives, do not care to spend much on the dwellings, being quite uncertain of their getting a permanent income. Excepting Calcutta, Bombay, and a few such big cities, the dwellings of Europeans are made of " Cutcha " or unburnt bricks, and thatch, both of which are susceptible to moisture and dampness, and the latter, in addition to this, to rottenness. Such dwellings cannot but be unhealthy, and so Europeans should press upon their landlords to provide them with Pukka built houses, allowing them to charge more than what they usually do in cases of " Cutcha " built houses.

The locality and construction of a dwelling are also important factors in the preservation of good health in its occupant. Dwellings are made of different materials and of different fashion in different parts of India, according to the materials found, and the peculiar necessities which the climate influences ; so only general rules can be given for building healthy dwellings.

The building must be made of burnt bricks or stones, where stone is found, but it should be remembered that stone-built houses are generally very hot in summer season, much hotter than brick-built houses. The practice of building houses with " Cutcha " or unburnt bricks, or with only mud is injurious ; they absorb moisture, especially in damp and moist places, such as Bengal, and so they are unhealthy.

2. The walls, both inner and outer, should be plastered, and the floor must be cemented so as to keep off the moisture of the ground. A damp house is most unhealthy, and so it is necessary to cement the floor, especially in damp provinces, such as Bengal and Malabar. The people of Malabar generally keep the floor of their houses cemented with asphalt, and they are infinitely better in health than the people of Bengal, although their food is too poor in comparison to that of the people of Bengal.

3. The rooms should be commodious and well ventilated by the presence of necessary numbers of doors and windows. The houses should be high, and provided with sun-light apertures if they are one-storied. It is far better to build double-storied houses and live in the upper storey, in damp provinces.

4. There should be always a little compound round the house. It is better to keep a compound round the house than a square in its centre. A few flower pots may be kept or flower trees grown in the compound, as these tend to purify the air, but in no instance the compound should be over-crowded with good deal of trees.

5. The locality of the house should be selected at a place where the ground be high and street straight, in no way interfering the free entrance of air and sunlight, where there be no ditches, swamps, or marshy place in its surroundings. If dwelling be built on a high bank of some flowing stream or river, it will be more healthy, but such advantages can only be achieved by a very few. Ditches and swamps are very unhealthy surroundings of a house; they are productive of cholera, fever and other diseases, and so such a site should be shunned. A human dwelling should not be used also as a stable for horses, cattle, &c., as they pollute the air by their droppings. The surrounding of the house should not be so, where rain water can accumulate.

In villages, people keep manure heaps near their dwellings, which is a most harmful practice; the manure should be always kept at a respectable distance, say, three or four hundred yards at least from the house.

6. Cesspits for the purpose of throwing house refuse should on no account be dug near houses. Latrines should be kept in the compound or in a corner-room of the house, and scavenger should be employed to take away the night-soil, &c., every day. The ground of the room should not be spoiled, but vessels should be kept for receiving the refuse of the body, which can be taken away without contaminating the ground with impurity. The house should be swept and cleansed, and the refuse thrown out, to be taken by conservancy carts. Once a week at least the floor should be thoroughly washed with water, and twice a year the building should be whitewashed. Mud houses should not be washed with water as it will produce dampness. Rich people can have wells and tanks in their houses which should be always kept clean, free from decaying organic matter. Gardens can also be kept in the compound which should be kept at a little distance from the dwelling house.

EXERCISE.

Exercise is imperatively necessary for securing and maintaining good health. It must be so which may give free motion to all the parts of the body and so assist the circulation of the blood within the body to move freely and vigorously. Exercise strengthens man by producing red, strong, compact and elastic muscles, and by checking the accumulation of too much superfluous fat in the body. Through exercise the lungs do more work, and hence they effect more the purification of blood. By it the functionary system of the body remains active, a thing very much necessary for remaining free from diseases and maintaining good health.

Many of the diseases, such as dyspepsia, piles, torpidity of liver, impurity of blood, &c., are produced by leading a sedentary life. A man confined to much work, as soon as he comes out and takes a brisk walk or some kind of exercise, feels bright, fresh and strong. The exercise must be taken according to the strength of the man ; one should not take so much exercise as to fatigue himself, as it will be productive of injury rather than of any good.

Europeans as a rule do not practise the most useful and natural exercise, *i.e.*, walking, in this country. Perhaps on account of shyness in a foreign country or being raised to too high a position in comparison to the natives, they dislike to continue that natural and most healthful exercise of which they are much fond of in their own country. Riding, which is also an exercise but not so good as walking, is performed by few whose duty compels them to do it. Almost all the Europeans in this country are fond of driving in a phaeton or some sort of carriage. Sometimes they employ themselves in such exercises as playing Cricket, Tennis, Badminton, &c., but none of these is so useful as walking, in which not only the different parts of the body get normal and regular motion, but the person also gets enough of fresh air, a thing necessary for the purification of blood. It is an exercise which one and all can perform and which must be always done in a place where the air be cool, pure, and healthy. There are other exercises which people may take according to their liking.

Cricket, Tennis, Racket and Rowing are hard exercises, and can only be performed by persons of strong muscular power.

Badminton, Walking, Riding, and Billiard playing are light exercises, which even weak persons can perform. Exercise is as much necessary in India for health as is in England, and even more.

GUIDE OF PASSIONS.

Mind has a great effect on the body, the truth of which one can see in mental diseases, such as insanity and others, with which human beings become afflicted. It will not be a hyperbole to say that the fits of passion into which human beings get at times are anything but transitory insanity. A European should be careful in guiding his passion, which, owing to the heat of the climate, may get abnormally irritated and intensified. Moderation is a golden rule in every thing, and nothing should be done in immoderation. Anger is the worst passion which gets hold of Europeans in this country ; on account of the heat of the country and owing to misunderstanding with Indians, especially with the servants, being people of quite different habits, tempers, and manners, a European becomes fretful and irritated, which does much harm to his mental and physical health, and predisposes him to the attack of several diseases. Anger is a most potent cause in producing indigestion, which in its turn is the mother of dozens of diseases, and debility.

A European should be careful for his own sake not to get out of temper in such a hot country. If the action of servants be objectionable he should calmly punish them with inflicting fines or dismissal rather than becoming angry and deranging his mind, and so spoiling his own health.

CHAPTER II.

The most prevalent tropical diseases with which Europeans generally get attacked in this country, and their treatment.

SECTION I.

TYPHOID FEVER.

SOME writers on tropical diseases are of opinion that this disease is not to be met in India, but we have had actual experience in treating both Indians and Europeans suffering with this disease in this country. The causes which go to produce this dangerous disease are not wanting in India, and the most fruitful of them are the burial grounds of the Mahomedans. The Mahomedans bury their dead only by excavating a little of the earth, and then filling it by earth after depositing the corpse. The corpse, in course of time, gets decomposed, and the decaying matter both permeates into the subsoil and evaporates, owing to the heat of the sun, and in this way it deteriorates both the air and water, the latter through porous soil. And the worst thing is, that the burial ground of the Mahomedans are within the towns, or just at the edge of the towns.

Government should enforce laws, for the sake of public health, so that Mahomedans may either deposit their dead bodies in *pukka* built tombs, just as Europeans do, or they may keep their burial grounds far from the Municipal limit of the town. If measures be taken by Government for making them do so, it is most probable that typhoid fever, dysentery, and many other bad and pestilential diseases will be reduced to a minimum.

Typhoid fever is a disease similar to typhus, but is more serious in its nature. The disease attacks insidiously, when the patient feels out of sorts, and becomes unable to attend to his business, lies on his bed, which gives him relief, and does not like to leave it. The general symptoms are thirst, head-ache, loss of appetite and hot skin. The temperature generally rises to 105° in it towards the end of the first week, and about the seventh or eighth day small circular rose-coloured spots appear on the body, especially on the abdomen, chest, and limbs, which disappear under pressure and re-appear, when it is removed. The fever goes unabated for twenty-one days, after which, in favourable cases, it abates slowly, and recovery generally comes in about twenty-eight days. It is a fatal disease, and is prone to get relapses. It is characterized by the appearance of rose-coloured spots just said, which fade in three days, giving place to fresh crops, and abdominal symptoms, such as diarrhœa, hemorrhage and ulceration of the intestines. The disease occurs both in rich and poor, and is caused by poisoned drinking water, owing to the decomposing organic matter from bad drainage and deteriorated air, by the effluvia from decomposing animal or vegetable matter, or the insufficiency of ozone in the air.

Treatment.—In the beginning, so long as it is not known that the fever is a typhoid one, Aconite should be given every three hours ; if there be head-ache, it should be alternated with Belladonna, but no sooner the disease is known by its characteristic symptoms, great care should be taken in its treatment. Owing to the heat of the climate, the disease is more serious and virulent in this country than in Europe. It is a disease in which no time should be lost in calling a medical man, as owing to the great heat present in this disease, it gives rise to many serious and troublesome complications, if not properly taken care of.

In the absence of a medical man, the following medicines may be tried :—

Baptisia.—Is a very good medicine in this fever. It should be given every two hours. It weakens the violence of the fever, checks diarrhœa, thwarts complications, and cuts short the disease in most cases, simply and alone.

Bryonia.—It is next in importance to *Baptisia* in this disease. It also mitigates the fever, and sometimes entirely cures it. It is mostly indicated by pulmonary symptoms.

Arsenicum.—It is most useful when there are copious watery stools and ulceration of the intestines. Great prostration.

Mercurious and Iodine.—Are also useful in perforation of the intestine.

Rhus Tox.—It is indicated by the more intense character of the disease with excessive irritability of the nervous system. Hamamelis and Ipecacuanha are good medicines for the hæmorrhage from the bowels.

Accessory Treatment.—The patient should be placed in a well-ventilated room with the curtains drawn and windows open, so as to allow the free ingress of air ; but his bed must be so placed in the room so that he may not get the blast of wind directly upon his body. He should be carefully watched day and night regularly, as often it has occurred in this and Typhus fever, patients killing themselves by throwing themselves down out of windows, in state of delirium, caused by high fever when there was no one near to protect them. As this fever is caused by poisoned water, &c., he should be protected from such influences. If the surrounding be such, he should be removed to some dry and healthy place. Disinfectants should be thoroughly used in the house, and all kinds of excreta and dirty things should be constantly removed from the patient's room. Diet should never be withheld in such a disease, which takes a long course, but

on no account, solid food should be given, as it will prove to be very injurious, both owing to the high fever and the ulcerative state of intestine. Milk is the best diet in it ; it should be given pure, iced, or sweetened with little sugar, a few sips to be taken every three or four hours during the whole course of fever ; but no solid food should be attempted at once. Semi-solid food, such as sago, arrowroot, oatmeal, &c., prepared with water or milk, should be first given. No solid food should be given, until the tongue becomes thoroughly clean, and the pain and tenderness of the abdomen gone. It is very necessary for Europeans to go for a change after recovery to some place at sea-shore, in order to regain their strength. We think a change to sea-shore after this disease is better than going to some hill-sanitarium ; and the best place in India for this purpose is Karachi, which is neither hot nor cold. Manora, a small island about two miles from Karachi, which is reached by boat, is a very healthy place for the purpose. The patient should be careful for months together after the recovery in eating, drinking and working. He must not eat too much or irregularly ; intoxicating liquors must be totally withheld, and work must be done which may not produce fatigue. These he is imperatively required to observe, which, if neglected, may occasion a relapse, which is generally more serious and dangerous.

SECTION II.

INTERMITTENT FEVER.

Intermittent fever, which is also called Ague, is a typical fever of malarial origin, and the paroxysm of which is characterized by the occurrences of three distinct stages one after another, *viz.*, chill, heat, and perspiration. There

are three types of this fever, one Quotidian, which comes regularly at the interval of 24 hours; the other Tertian, which comes at the interval of 48 hours; and the third Quarten, which comes at the interval of 72 hours.

The first stage of the fever commences with peculiar itching sensation in the palms of hand, soles of feet and in spinal column, which is soon followed by severe chill, chattering of the teeth, hurried breathing and vigorous involuntary shaking of the whole body. This stage remains from 10 minutes to 2 or 3 hours generally. It is afterwards followed by the second or that stage, in which the temperature of the body rises to 104° or even more. This stage usually remains for 3 or 4 hours, but sometimes gets prolonged even to 12 hours. After this comes the sweating stage, in which there is an ushering of profuse perspiration and vanishing of the fever and restlessness, and the patient is relieved of his troubles for some time, to be attacked again in the same way. The cause of the disease is nothing else but malaria, a kind of poisonous effluvia which is generated in marshy places by the decomposition of animal and vegetable matter. It is a specific virus greatly different from other effluvia, producing a specific kind of disease. The different types of Intermittent fever and other fevers of malarial origin depend upon the amount of malaria inhaled by a person and his susceptibility to it. It is most common in Bengal and Cutch.

Treatment.—Sulphate of Quinine is the best medicine for it. It should be given in one to two grains doses to infants, three to five grains to children and seven to ten grains doses to adults, during the intermission, and no less than three doses should be given before the time of the next paroxysm.

This medicine is a specific in Intermittent fever, and not less than 90 per cent. cases can be cured, if timely

administered. If this fails, the following should be tried :—
Ipecacuanha, Cedron, Arsenicum and Eupatorium.

Accessory Treatment.—During the chill, the patient should be well covered with blankets ; no food should be given during the paroxysm. During the intermission, good nourishing food may be given, such as rice, bread, meat, milk, &c.

Ice or cold water may be given during the hot stage. A change to some hill is desirable after recovery.

SECTION III.

REMITTENT FEVER.

It is also called Bengal fever on account of its much prevalence in Bengal, and like Intermittent fever it has for its origin Malaria. Both this and Intermittent fever are not contagious in their nature. The fever is generally ushered in with gastric symptoms, uneasiness, depression, languor and head-aches. The shivering in this is so little and of so short a duration that it is scarcely marked, and is rapidly succeeded by hot stage which is characterized by the burning of the skin, vomiting, head-ache, sleeplessness, and even delirium. The symptoms in this differ so much from those of the Intermittent fever that the remissions in the Intermittent fever are marked, the patient getting totally relieved of the fever during the intermission, whereas in this there is no entire cessation of the fever, but simply an abatement, and in many severe cases the remission is so little that it is hardly perceptible, except with the aid of a thermometer. The disease commences first in severe subsecutive attacks of short duration, which may be considered the first stage of the fever, which is followed by the second, when the duration of the attack is lengthened about eight hours or so,

when the skin becomes very hot, the pulse quicker, eyes congested, and mind restless. The temperature rises to 104° or 105° , and sometimes even to 106° and 107° . Generally after eight to twelve hours remissions occur, when the pulse become softer, temperature reduced, and slight perspiration given off. The remissions generally occur in the morning; the disease lasts from 12 to 14 days. In favourable cases recovery generally takes place on the thirteenth or fourteenth day. It is a serious disease and often ends in fatality if not well cared or treated: the dangerous time being from the eighth to the twelfth day. In badly managed cases the disease protracts for a long time. Owing to the intensity of heat in this fever, it gives rise to many sequels, such as Bronchitis, Congestion and Inflammation of liver, Gastric derangement, Chronic enlargement of the spleen, Dysentry and Diarrhœa. Delirium generally comes from the seventh day of the attack.

Treatment.—It is a serious disease, and so it should not be handled with by laymen, if professional aid is accessible. The most important thing to keep in view in this fever is to keep the temperature as low as possible, as death is generally caused by inflammation and congestion of the brain, owing to the intensity of heat in this fever—the apparent sign of which is seen in the delirium with which it is attended. Besides this, if the temperature is kept low, there will be no fear of sequels, which are caused only on account of the intensity of heat in it. For keeping the temperature low, we know of no better medicine than Aconite, which should be given every two hours either alone or in alteration with some other remedy symptomatic to the case.

Belladonna.—When there is much head-ache, congestion of eyes and delirium.

Ipecacuanha.—When there is gastric derangement, vomiting, waterbrash.

Baptisia.—When there is diarrhœa, dysentery, vomiting.

Hyoscyamus.—When there is simply delirium.

Opium and Rhus Tox.—When there is coma, stertorous breathing, half-opened eyes.

Sulphate of Quinine can be given during the remissions and may be of much service, but it should be given in such cases in which the remissions are well marked and the temperature of the body much reduced. The dose should be two grains for adults, one grain for children, and half a grain for infants.

It should not be given much, only two doses will be enough during the remissions.

Accessory Treatment:—The patient should be watched and nursed as that of the Typhoid fever. His diet must be milk, sago, arrowroot, oatmeal, &c.; after recovery he should go to some hill-sanitarium for recruiting his health.

SECTION IV.

MASKED MALARIOUS FEVER.

It is a peculiar febrile state often seen in persons, living in malarious districts. It is owing both to the presence of Malarial virus in the system, in a smaller quantity than is sufficient to produce typical Malarial fevers and also by the system becoming too indolent on account of the preceding attacks to the active susceptibility of the virus. The patient suffers with uneasiness, very slight shivering, and flashes of heat which can be hardly perceived by touch, burning in the palms of hand and soles of feet, paleness of face, languor and debility. There is sometimes headache, but of slight nature. The shiverings come only in

the beginning, and become absent afterwards. The appetite diminishes very gradually, and the disease lingers for months together if not checked. If allowed to linger for a long time, it invariably produces enlargement of spleen, liver or both.

Treatment.—Removal from the malarious district is the first step to be taken. The patient must go to the hills or some place in the west, which may not be malarious, such as N.-W.P., Punjab, Sindh, &c. Quinine should be taken two grains to a dose three times a day, until the symptoms vanish. If there be much debility Ferri-et Quinine citras may be taken in five grain doses mixed with an ounce of water three times a day.

SECTION V.

JUNGLE-FEVER.

Jungle-fever is similar to Remittent fever and owing to its similarity, some European writers consider it any thing but Remittent fever. The distinguishing feature of Jungle-fever is that it has a too long course than Remittent fever, and is characterized by the dysenteric and diarrhœiac evacuations; unlike Remittent it does not attain too very high degree of temperature, nor the fever is always steady, as at times there is intermission in it, which is not like that of Intermittent fever, in which the intermission comes almost regularly after certain hours and after the effusion of a good deal of perspiration. The intermission is very irregular, it may or may not come, and may remain for an hour or a day or two. Delirium, which generally comes in Remittent fever on account of the intensity of the fever, hardly comes in it. People generally die of it owing to abdominal symptoms and debility. The sequels generally

coming in it are induration of abdominal muscles, Diarrhoea, Anæmia and Dropsy.

It is very obstinate to treatment. We have observed these symptoms in patients coming back from the jungles of Assam, where this disease is prevalent to a great degree, and from whence it is brought to the plains with people suffering with it, but it is not contagious, and so it does not spread. We do not consider that the cause of this disease is malaria, nor Quinine, which is a recognized medicine for malarial fever, has any decided action in it. We hear from patients that the disease is caused from drinking water in the jungle of such a ravine where leaves of trees are rotting and decomposing, irrespective of marsh. Malarial effluvia are generated at a place which is marshy, and where organic substances are decaying. Europeans, whose profession or service compels them to live in or frequent the jungles, are apt to get an attack of this disease. As this disease is caused by the use of such waters, as described before, one should be careful in using them. It will be better to make arrangement to get pure and good water from some far place, or if that be impracticable, the water should be distilled, or boiled and filtered for drinking and cooking. The following medicines should be used, according to their indication:—

Aconite.—When there is only fever with thirst and uneasiness.

Arsenicum.—When there is great thirst, restlessness, extreme prostration, and watery or dysenteric evacuations from the bowels.

Baptisia.—When the stools are yellow, dysenteric, bloody and fetid, with pains of a pressing and drawing character in the limbs.

Bryonia.—Stool brown, thin; tearing pains in the whole body, especially in the abdominal region.

China—May be given for the debility, which lingers for a long time after the cure.

Mercurius Sol.—When the stools are very offensive, with the induration of abdominal muscles.

Arsenicum and Helleborus—May be given if dropsy supervenes.

Accessory Treatment.—This is a disease, which very much debilitates the patient, and so the patient should be well provided with nourishment. In the beginning, milk, sago or broth may be given, and afterwards rice and bread can be added. After recovery, a change should be taken to some sea-shore, or a trip to Europe will be most beneficial.

SECTION VI.

CHRONIC ENLARGEMENT OF SPLEEN.

CHRONIC Enlargement of Spleen comes after Intermittent and Remittent fevers, or during the course of Masked malarious fever, it differs from that inflammatory enlargement which also comes during an attack of Intermittent or Remittent fever, and which generally subsides with the fever, or can be cured with a few doses of Quinine. It is a disease, in which an actual Hypertrophy of the tissues of the spleen is produced. The following symptoms are observed in patients suffering with this malady. The body becomes pale and anæmiac, the abdomen swells and the spleen can be felt enlarged, which goes on increasing day by day, the hands and feet become lean, the conjunctiva of eyes become coloured, and the patient becomes day by day weak; afterwards hectic-fever comes on which is followed by dropsy, and lastly diarrhoea makes an end of the poor sufferer.

Treatment.—It is very obstinate to treatment, and unless treated well and early, often ends in fatality.

Natrum Muriaticum—May be given internally ; if this fails Mercurius-Bin-Iod 2x may be given internally, and the ointment of the same should be rubbed externally. Generally bad cases do not get cured under the above-mentioned treatment for which Ayurvedic medicines seem to be of much efficacy. The following are some of the many preparations of the Ayurvedic system, which have been found curative in this malady :—

1. "*Bhasker Lawana*."—Dose $\frac{1}{4}$ of a "tola," to be taken three times a day with a little butter-milk.
2. "*Rashánjana Amrita Louha*."—Dose one "tola," to be taken three times a day.
3. "*Rohitakáristá*."—Dose one to two "tolas," to be taken three times a day.
4. "*Guruchadi Churna*."—Dose 20 grains, to be taken three times a day.

There is another kind of enlargement of spleen, which remains for years together and does not run its course so rapidly, as one just described, whose course of period is from two months to ten months or at the most one year. This disease is characterized simply by enlargement of the spleen with anæmiac state of the body. The disease is not directly fatal, but death often occurs, owing to the rupture of the organ caused by hurt or some injury to the part. By this disease, the patient becomes too weak and his life is cut short. The same treatment is necessary to cure it also.

SECTION VII.

SUN-STROKE.

It is one of the most common and fatal diseases to which Europeans are liable in this country. It is caused by excessive heat either owing to the direct exposure to

sun's rays or by any other way. The one which is caused by direct exposure to sun's rays, occurs much in the North-Western Provinces, Punjab and Sindh. The following symptoms are observed in persons attacked with this :—The man struck by the rays of the sun falls down as if shot, becomes unconscious, his breathing becomes stertorous, pulse full but slow, and there is a marked degree of heat in the head. The colour of the face becomes black as if burnt, and there is lightness in the chest. In the other form, which is not caused by the direct rays of the sun, the following symptoms are observed :—Feverishness, giddiness, sickness, feeling of faintness with confusion of ideas, and sometimes drowsiness. Generally in the latter sort, the following premonitory symptoms are observed :—The person becomes dull, irritated and restless. He complains of head-ache, loss of appetite, and a feeling of internal heat.

Treatment.—In the first form, when the disease is caused by exposure to the sun's rays, the first thing to be done is to take the person to a shady place ; his garments should be untied and made loose. Ice and iced-water should be freely used. The patient should be fanned with the fan dipped in iced-water. Cold applications are necessary in both the forms. A five-drop dose of Camphor on a little bit of sugar should be given, and repeated, if necessary ; it should be also kept near the nose, so that the patient may inhale.

The following medicines should be given, according to their necessity, when the danger is over.

Aconite.—Great nervous excitability with violent thirst, red face, hot skin, and shortness of breath.

Amyl-nit.—Head feels as if it will burst, congestive stage of sun-stroke, sensation of blood going towards head.

Belladonna.—Vertigo when rising, with severe head-ache and fulness in the head, eyes hot and blood-shot.

Glonine.—Intense congestive pain in the head, sensation of fulness in the head.

The above-mentioned medicines will also do for other form, but it will be most beneficial to leave the plains and go out to some hills. Persons suffering with internal heat and other premonitory symptoms, should try as much as possible to avoid food of hot nature, and should never, under any circumstance, expose themselves to the direct rays of the sun.

SECTION VIII.

LICHEN TROPICUS.

LICHEN Tropicus or Prickly Heat is a common complaint which the Europeans first meet in this country. It can hardly deserve the name of a disease with the Indians, but it is very troublesome to one who comes from a cooler climate where he had never suffered with it. In it, the skin is covered with small, round, bright red eruptions of the size of poppy seeds, which afterwards present little watery heads or vesicles. There is too much of itching and prickling in it, which makes a man rub and scratch his body too often. It is caused chiefly by heat.

Treatment.—A solution of Sandalwood prepared by rubbing it with water on a stone in which a pinch of Bicarbonate of Potash has been added, may be anointed over the whole body and kept so for two or three hours. This will allay the itching and prickling sensation, destroy the eruption, prevent their recurrence, and cool the body. Afterwards a bath should be taken with cold water; if not, the Sandalwood solution, though fragrant and so pleasing, will spoil the garment.

SECTION IX.

BOIL.

It is a much more painful disease than the one just described, and occurs much during the summer in this country among the Europeans. It has got various names, according to the different localities in which it prevails, such as Surat Boils, Scind Boils, and so on.

Although they differ in intensity, still the pathological lesion being the same, the treatment is the same.

Boil is a most painful tumour occurring in several numbers. The size being from that of a split pea to that of a sparrow's egg. Its chief site is the face. It is hard and bluish red in appearance at first, but afterwards its base changes into purplish hue. It is slow in suppuration, and a variety called Blind Boils do not suppurate at all, but subside slowly. The pain increases as the suppuration goes on till the tumour bursts, discharging the pus and slough caused by the deposit of unhealthy lymph. It is caused by the heated and disordered condition of blood, from the use of too hot, complex and indigestible food.

Treatment.—Belladonna is the best medicine to be given in the inflammatory state.

Heper Sulphur—Should be given in the suppurative stage.

Calcaria Carb—When the tumour has burst off.

As it is a disease of recurrent nature, so Sulphur should be given for a week or two to prevent its recurrence.

SECTION X.

CONGESTION OF LIVER.

GENERALLY occurs from the attacks of Remittent and Intermittent fevers. It may also be caused from exposure to chill, certain changes of temperature, and also by exposure

to solar heat. The patient suffering with it becomes sallow in appearance, his tongue is coated, his spirit depressed, and appetite defective. His bowels move irregularly and his stools are black or greyish clay coloured. There is also nausea and vomiting present to some extent ; and his breathing is oppressed.

Owing to faulty assimilation, debility grows on day by day.

Treatment.—*Podophyllum* is the best medicine for it, but it should be given in substantial doses, say five drops a dose of mother-tincture in an ounce of water, three or four times a day. Next to it is *Agaricus* which is also useful when there are painful symptoms present with it, with yellowness of eyes and constipation. If they fail *Mercurius* may be tried.

Nux Vomica—Is useful when caused by indolent habit, with over-indulgence in eating and drinking.

Bryonia.—When caused by gormandizing and coarse-feeding with nausea and splitting head-ache.

China.—Should be given as intercurrent remedy if the disease is caused by Remittent or Intermittent fever.

SECTION XI.

ACUTE INFLAMMATION OF LIVER.

HEPATITES or Acute Inflammation of Liver is sequel to malarial fevers and is also caused by chill, damp, or exposure to solar heat. It is frequently ushered in with rigors which are followed by hot skin, thirst and scantiness of urine. There is pain in the hypochondriac region and under the clavicle. Pain is also felt towards the back when the inflammation is on the concave side of the liver. It is generally attended with some disturbance in the stomach,

such as vomiting, hiccough, &c. The pains increase by pressure, deep inspiration, coughing, or by lying in the left side. There is some difficulty of breathing as in Pluery. The conjunctiva is generally yellow, the urine high coloured, and the stool more bilious.

The inflammation terminates either in (1) resolution ; (2) abscess of the liver or (3) chronic enlargement of the liver. Resolution means the subsidence of the inflammation without producing any concomittant malady and so its cure.

Treatment.—Bryonia and Mercurius are the best medicines for it ; both should be given in alternation to each other. Arsenic, Aconite, Belladonna and Lachesis should be tried if the above said be not sufficient. Great care should be taken to keep down the fever so that abscess may not form which is most dangerous. The right hypochondriac region should be covered with a lint soaked in a solution made of two drams of Bryonia with a pint of water ; the patient should be nursed as a fever patient.

SECTION XII.

CHRONIC HEPATITES.

CHRONIC inflammation of the liver is very much prevalent in Bengal, especially among the children. It generally comes after acute Hepatites, but is also caused by too much use of highly-seasoned and stimulating food and alcoholic drinks. It is often a concomittant of Intermittent, Remittent, Masked malarious or Continued simple fever, when the latter is not well managed. The following symptoms are observed in this malady. There is fulness on the right hypochondriac region, where the liver can be felt by the hand and found enlarged, and the patient experiences sensation of heaviness at the parts, if he stands. His face becomes

swoollen, tongue coated, bowels constipated and spirits depressed. He suffers with nausea, vomiting and slight degree of fever, has no appetite and cannot digest well ; there is also a form of this malady called cirrhosis of liver which comes to persons addicted to too much drinking, in which the liver becomes hard and contracted, and which ends in dropsy and death. Sometimes pain in the region of liver occurs, which is either of nervous or rheumatic character. The disease if not checked ends in fatality.

Treatment.—The following medicines should be used according to their indications :—

Belladonna.—Acute pain in the liver with throbbing of temples and head-ache, urine yellow.

Bryonia.—Tongue yellow coated, vomiting, bilious stools dry and hard, as if burnt, stitching and burning pains in the right shoulder.

Cheledonium.—Liver enlarged, complexion sallow, jaundice, stool like sheep-dung but yellow, urine scanty and yellow.

Mercurius.—Chronic enlargement of liver with pressing pains in it, stitching pains when coughing, green or bilious stool.

Lachesis.—Acute pains in the region of liver especially when caused in drunkards, cannot bear any pressure on the region of liver.

Podophyllum.—Liver torpid and enlarged, nausea, and sometimes vomiting. Bilious diarrhœa.

Phosphorus.—Long continued enlargement of liver, if there be fatty degeneration, cirrhosis, &c.

Sulphur.—Enlargement with hardness of liver. Disease of long-standing.

Light, non-irritating and nutritious diet should be given during the course of the disease, and the patient should be removed to a non-malarious district.

SECTION XIII.

JAUNDICE.

IT is a disease characterized by the yellowness of many of the tissues and fluids of the body. The skin, the whites of the eyes, the roots of the nails, in short, the whole body becomes yellow. The urine becomes saffron coloured or deep brown, and stains the linen ; the stool becomes constipated and whitish in colour. There is a general febrile symptom with lassitude, anxiety, pain in the stomach, and bitter taste in the mouth. The patient suffers with very bad excruciating pains, if there is obstruction to the flow of bile by the presence of a gall stone. .

Jaundice is caused in two ways. (1) By some impediment in the flow of bile into the duodenum, hence its absorption into the system. (2) By some derangement of liver, when it does not secrete all the bilious constituents existing in the blood. The derangement in the function of the liver in connection to the secretion of bile is caused by fright, fit of anger, error in diet, change of temperature, and the other derangement of liver.

Gall stones are anything but thickened and hardened bile in the shape of calculi. They generally obstruct the flow of the bile by their impaction into the natural channels of the bile. Their presence is first known by their passage through the biliary ducts, when they occasion much pain and sometimes vomiting.

Treatment.—The most effective medicine for gall stones are *Calcarea*, *Berberis* and *China*.

The following medicines should be given in Jaundice according to their indications:—

Aconite.—Acute Jaundice with fever and stitches in the region of liver, colour of the skin yellow.

Arsenicum.—Yellowness of the whites of the eyes, stools undigested and light coloured, great anguish, restlessness and thirst.

Berberis.—Skin yellow, urine dark-yellow with good deal of sediment, pain from gall stones.

Calcaria Carb.—Enlargement of liver with stitching pain in it, stools clayish like, urine dark brown with white sediment.

Chamomilla.—Yellowness of face and whites of eyes, green watery stools, children very fretful ; caused by fright or fit of anger.

Crotalus.—Yellowness of skin, malignant jaundice from blood.

Iodine.—Yellow face, stool white, urine dark-yellowish and corroding, chronic jaundice.

Mercurius.—Paleness of face with complete jaundice ; stools green, white, offensive smell from the mouth, urine scanty and dark red.

Podophyllum.—Jaundice caused by obstruction to biliary duct by the passage of gall stone, pain with fulness and soreness in the liver.

China.—Colour of skin yellow with great weakness on account of loss of blood or other animal fluid. Abdomen distended, stools yellow, watery and undigested, urine turbid and dark.

Sulphur.—Jaundice with a stitching pain in the liver. Abdomen full with much faint spells and flushes of heat. Drowsy during day, and wakeful at night.

SECTION XIV.

DYSENTERY.

DYSENTERY is most common in India, especially during the periods when the weather changes, such as March and April.

Its attack is more severe on the Europeans on account of their being inhabitants of a colder climate. Dysentery consists in the inflammation and ulceration of the large intestines. In simple cases it runs its course with little or no constitutional disturbances, but in severe cases it is a most troublesome disease and often ends in fatality. In bad acute cases it is preceded with chill and rigor, which are soon followed by quick pulse, hot skin, thirst, flushed face and head-ache ; sometimes it is also preceded by diarrhoea. The patients suffer in this disease, with griping pains in the abdomen, with a desire to go to privy. The desire of going to the closet increases more and more, as the disease advances, and the patient begins to go often and often, when after much straining he passes a little blood with mucus, and sometimes a little hard or soft stool mixed with them. The pain which the patient suffers in this is simply unbearable. The disease usually aggravates in the night, and the patient is sometimes to go to the closet about 40 or 50 times during 24 hours. The incessant trouble of going to the closet, the hard ineffectual straining, the excruciating tenismus and the quantity of blood voided during the stools, all tend to weaken the patient very much, and in bad cases, if the disease does not get stopped, a fatal issue occurs between a week or two from the commencement of the disease. Liver generally gets affected, which often results in its abscess, which is also fatal. Dysentery is chiefly caused by the use of impure water containing poisonous miasma generated from decomposing animal and vegetable matter. It is also caused by the use of bad, irritative and indigestive food, but the Dysentery caused by this is generally of the simpler form and is seldom fatal. Again sudden change of temperature, sleeping on damp ground with little or no protection to the abdomen and exposure to severe droughts of rain, also produce bad types of Dysentery. But the severity of the disease produced by

these causes also depend on the strength and constitution of particular patients.

Treatment.—Aconite should be given in the beginning, when there are febrile symptoms, stools frequent, bloody or slimy.

Aloes.—It is chiefly suited when the patient is suffering with too much tenismus, and when there is also a little Diarrhœa, which is generally called Dysenteric-diarrhœa, when there is loud gurgling sound in the bowels.

Arsenicum.—Stools dark, bloody with foul smell, sometimes involuntary, great tenismus and burning in the rectum during stool, great anguish and restlessness with extreme thirst for cold water, rapid prostration.

Baptisia.—Stools bloody, mixed with mucus, colic pains before and during stool.

Cantharides.—Stools white or pale reddish, burning sensation at anus during stool, urine frequent with painful discharge, high fever with thirst.

Carbo. Veg.—Involuntary stool of foul, bloody mucus with putrid smell. Great prostration generally in advanced stage.

Colocynthis.—Stools bloody, mucus or like scrapings with severe colic and tenismus. Relief after evacuation.

Ipecacuanha.—Nausea and vomiting, stools fermented like frothy molasses, bloody or bloody mucus.

Dulcamara.—Stool bloody or green mucus, especially suitable in cases caused by cold or exposure to droughts of rain.

Mercurius Cor.—Is the most important medicine in this disease, and is always effectual in the majority of bad cases. It is indicated, when the stools are pure blood or bloody mucus, violent tenismus and straining during stool, severe pains in the rectum; even after the evacuations, tenismus of bladder with discharge of scanty urine.

Podophyllum.—Stools bloody or green mucus or jelly like mucus, prolapsus-ani during stool, gagging or empty retching.

Sulphur.—Stools green, mucus or with streaks of blood; tenismus during and after stool, weak faint spells.

In Chronic Dysentery, some of the “ Ayurvedic ” medicines have proved to be curative, when Allopathic and Homœopathic medicines have failed.

Accessory Treatment.—A change to some healthy locality may be at once done, if practicable. The patient must be kept in perfect rest in a large airy room, which must be kept scrupulously clean. The evacuations must be as soon removed as they are passed. Fomenting the abdomen with flannel wrung out of hot water often gives much relief to the patient. Injection of gum water or white of egg beaten up with water in the proportion of whites of two eggs to a pint of water into the rectum, often produces good effect. The patient should be nursed as fever patients. No hard irritating food should be given at any instance. Solid food, as a rule, should be entirely withheld until the patient gets thorough recovery, especially in severe cases, where ulceration has occurred. The only food to be given are milk, riceflour, cornflour and oatmeal. The last of these to be given after thoroughly cooking with milk in the form of slop diet. Butter-milk or curdled milk beaten with water may be given; they are both cooling and nutritive. Broth should not be given, until the inflammation has very much subsided. Cooked rice with milk, curd or butter-milk can be given in simple cases, where there is not much inflammation or ulceration. Solid food should be introduced by and by after the recovery, when the patient gains some strength. It is necessary for the patient to go to a place of cold climate after recovery to regain soon the lost strength and health.

SECTION XV.

CHOLERA ASIATIC.

It is a disease which must be much dreaded by Europeans. It is not the Cholera Morbus of England ; it is malignant, and so incomparably more virulent and fatal than the former. The treatment which is followed and found beneficial in England for Cholera Morbus is quite useless here in this kind of Cholera. It is a most fatal disease, which kills by *lakhs* every year in this country, and is much more prevalent in the Gangetic Provinces in North India and the Cauvery Provinces in South India than the other parts of India. This dire disease, which takes away in one sweep, men of all classes and attainments without distinction, has for its cause a peculiar virus, but what that virus is we do not know, still we are so far certain that there is a specific kind of virus which produces Asiatic Cholera which must be quite different from other poisonous miasma or effluvia producing other diseases. After the Cholera poison has entered into the system, which is generally through air, it sooner or later attacks the patient in a mild or serious way with the following symptoms:—

The patient is attacked with vomiting which is of rice-water colour, sensation of burning from the gullet down to the stomach, great thirst with dry parched lips and tongue, restlessness and prostration. These are soon followed by severe cramps in the limbs and stomach. He is also seized with an extraordinary fear for his life, a symptom characteristic of Cholera, sometimes the evacuations are coloured on account of the presence of bile, or are of offensive smell, but they soon disappear and are replaced by rice-water evacuations in cases of true Asiatic Cholera. If not checked, the cramps increase, cold clammy perspiration breaks on the fore-head, voice becomes low, pulse thready or

imperceptible, hands and feet cold, and the patient dies of collapse.

Treatment.—This most fatal disease has been the great instrumentality in the spread of Homœopathy, as patients of this disease recover by far in a greater proportion under this system of treatment than under Allopathy. Allopathy seems to be quite out of place in the treatment of this dire disease. In pure Asiatic Cholera, under Allopathic system, mortality in India is more than 90 per cent., while with judicious treatment under the new system, it is hardly 10 or 12 per cent. Chlorodyne, which is mostly used by common Allopaths and is considered as specific, and so kept in houses for use in emergencies, is not only useless, but a most harmful medicine in this disease. We have had ample opportunities to observe its action, and so we have come to this conclusion. It might be an useful medicine in Cholera Simplex or Morbus, but it is not at all a medicine for Asiatic Cholera met in India. In some cases, its action is almost *nil*, but in some it stops the evacuation suddenly without destroying the virus internally, and the result is, that the patient is attacked with a peculiar kind of uneasiness in the head, swelling and distention of abdomen, suppression of urine, sometimes coma, and the patient gets a sure passport for the other world. The worst thing with this is, that after its administration, Homœopathic medicines have almost no effect on the patient, whereas in cases, if other Allopathic medicines be administered, they generally effect in most of the cases.

The first and the most important medicine which we strongly recommend to be kept in every family is Rubini's Camphor. It is both a preventive and curative. During Cholera season, a drop of it should be taken every day on a little sugar as a preventive. This is a most effective medicine in the first stage or beginning of Cholera, and, if timely

administered, will save thousands from the jaws of death. It should be given in 5 drops dose in a little sugar every 10, 15, 20 or 30 minutes, according to the urgency of the case. In some cases, a single administration stops the evacuations and cures the disease, but generally three or four doses are required for the purpose. It should not be given more than six doses, because if it does not act even in so many doses, there is no hope further for its actions, and so some other medicines should be tried. If the evacuations are stopped by the action of Camphor, reaction sets in, and a kind of fever comes in, the unquenchable thirst and restlessness with which the patient was troubled, vanish off; and he gets a sound sleep for an hour or two, after which he wakes refreshed, though weak; and the disease terminates with a perspiration or profuse urination.

If it be too late to administer Rubini's Camphor or after its sufficient administration the evacuations are not stopped and the Cholera symptoms exist, then the following should be given according to their indications:—

Arsenicum.—Great anguish, extreme restlessness and fear of death, sudden prostration, with sinking of vital powers. Tongue dry, blackish and parched. Burning in the gullet and stomach. Vomiting watery, brownish or blackish fluid. Vomiting and purging simultaneously. Great thirst, skin cold, and covered with clammy sweat.

Veratrum Alb.—It is also a most potent medicine in Cholera. Vomiting and purging simultaneously, violent purging like rice-water. Vomiting watery, stool fluid; unquenchable thirst with great prostration, cramps in hand and feet. Voice weak, hand, feet and breath cold, dry parched tongue, cold sweat over the whole body. Pulse weak, thready and almost imperceptible. Death-like appearance of the face, eyes sunken,

Cuprum-Met.—Violent vomiting and diarrhoea, sometimes accompanied with colic, great restlessness and thirst. Rolling of the eye-balls, violent cramps in the toes, fingers, hands, and stomach; vomiting and cramps are the prominent symptoms.

Colocynthis.—Violent terrible clutching pains in the belly. Vomiting and purging, greenish or watery fluid.

Croton Tig.—Rice watery flocculent evacuation from the bowels with occasional vomiting of frothy fluids. The discharge comes like torrents.

Carbo-Veg.—Icy coldness of head and feet. Coldness of breath, tongue and afterwards of the whole body. Pulse thready and imperceptible, or almost gone. Voice hoarse or inaudible. Last stage when the patient lies in the state of asphyxia. Besides these there are lots of medicines curative in this malady.

When the evacuations are stopped together with the cessation of other symptoms, as thirst, restlessness, cramps, &c., by the administration of one or more medicines prescribed above; there are still two more dangers to the patient, one of the suppression of urine and the other of the coming of consecutive fever. The former occurs much more than the latter, in which, on account of the urine being not extracted by the kidneys from the blood, the latter becomes poisoned and a disease, called uremia, sets in, and the patient becomes delirious; which ends in coma and death. For this disorder, Arsenic, Cantharis and Teribinth are best medicines, which should be tried one after another. For consecutive fever, Acid Phosphoric Dil. may be given in drop doses every hour.

Accessory Treatment.—The patient should be at once taken to bed, no sooner it is known that the attack is of Cholera. He should be shielded from cold blowing wind and should be wrapped in a blanket or quilt, if the

season be winter. Medication should be at once commenced without delay. The evacuation should be always removed from the room, which should be kept clean and neat. Bottles filled with hot water should be applied to the soles of the feet, and wherever cramps occur, this will infuse heat and abate cramps. When the hands and feet grow cold, they should be briskly rubbed, simply with the palms of the hand. Cold water or ice should be given in little quantities whenever the patient urges for drink. The patient should be always comforted and assured that there was nothing bad with him, and he would be soon all right. This will very much help the patient in keeping up his spirits, (especially when coming from the lips of a medical man) a thing very much necessary in Cholera, the disease whose one of the characteristic symptoms is fear, and which is augmented by fear. As no food will be retained in the stomach, so there is no use of giving food when the evacuations are going on. After the evacuations stop, and if there be hunger food should be at once given, but if there is no appetite, it should be awaited till it appears. Rice-water is the best food, we know by experience, in this disease. It is better than broth or anything else. Boil the rice thoroughly, so that it breaks into pieces, and then put it into a piece of cloth together with the water, and press it by hand. The fluid which will come out, will not be watery but a little thick; put a little salt to give flavour, and then give the patient two to four table-spoonfuls every two hours. Mutton broth may be given on the next day; solid food should not be given until 3 or 4 days have elapsed after the cure. The patient should not be allowed to go out even in carriage until he has regained his former strength. He should always keep a piece of Camphor in his handkerchief with him as long as there is epidemic. It is better to leave the locality after cure, if Cholera be still existing, and go to some healthy place.

SECTION XVI.

GUINEA WORM.

It is a kind of worm which is found in dirty pools and ponds. It somehow or other, enters the body of a human being either through any of the apertures, as mouth, nose, &c., or through the perspiratory holes. It does not give any trouble when it enters into the intestines, where it develops to a great length and thickness, but when it enters through the perspiratory holes, it becomes a most troublesome thing. It is generally found on legs, when a sort of cord beneath the skin is perceptible. It develops inside the skin to a size of from two to three feet with a thickness of common twine. A period of from three to six months is taken in its development, after which at its mouth a blister is formed, which assumes the form of a small tumour, and which afterwards becomes very itchy and painful. The tumour breaks, or it may be opened with a knife when the thin end of the worm will be found there. *Guinea worm* is much found in Rajputana, especially in the rainy season. It is also found in some parts of Bombay Presidency. The cause of the disease being the presence of a parasite in water; so in order to remain free from this nasty disease, it is incumbent upon persons to use water only after thoroughly boiling it, either in drinking, cooking or bathing in those parts of the country. In Rajputana, persons whose profession is to fetch water for others, generally get the attack in hands and feet, because those are the parts exposed to the touch of water while taking water from ponds.

Treatment.—The treatment consists in taking out the entire worm without breaking, because if it breaks in the process of extraction, very serious consequences occur, such as fever, formation of several abscesses, in the course of the

worm, which become so tedious, painful and troublesome that they sometimes endanger life. The best way of extracting the worm is to apply the ground paste of the leaves of "Neem" tree (a tree much found in India) on the blister and all along the course of the worm, and then slowly to draw the insect by the one end, entwining it in a quill or such like round thing. Every day it should be drawn a little till the whole comes out. After the insect is wholly drawn, the paste should be applied as usual for a week or so, and internally Calcaria Carb. may be taken 3 times a day. Europeans do not get as much as the natives, still if they be also as careful in using the water for bathing as they are generally for drinking, there will be no probability at all of catching this disease.

SECTION XVII.

SLEEPLESSNESS.

SLEEPLESSNESS in Europeans is generally caused owing to heat and mosquitoes in this country as has already been described, for which the use of Punkha and Mosquito-curtains have been advised. If sleep be not procured in spite of the use of the above-said things, the following medicines may be taken according to their indications :—

TREATMENT.

Cimicifuga.—Sleeplessness and restlessness in nervous persons with depression.

Coffee.—Sleeplessness from thoughts crowding in the mind. Agitation.

Aconite.—Sleeplessness with anxious dreams, heat, restlessness and tossing about on the bed.

Belladonna.—Disturbed sleep, with anxious frightful dreams. Starts during sleep, and gets awakened.

In sleeplessness caused by internal heat in which the person feels hot sensation in head, *Bromide of Potassium* is the best medicine. It should be given in 20 grains dose dissolved in one ounce of water at bed time for a week or so.

SECTION XVIII.

ELEPHANTIASIS.

It is a disfiguring disease and sometimes troublesome, which an European might chance to get during his sojourn in India. It is met only on the sea-shore parts of India and not in the interior. It is much prevalent in Madras and Bombay, which are on the sea-shore, and is also met in Calcutta which is very near the sea. It seems that the disease depends for its production on the use of well-water on sea-shores, as the disease has considerably decreased, since the introduction of pipe-water in the above-said cities. Females are more prone to its attack than males. In it the one or both the feet swell enormously, and become like the leg of an elephant, and hence the name. The swelling is simply hypertrophy of the organ. In scrofulous patients and those who have impure blood, it degenerates into unhealthy enlargement, which is considered by some writers as a form of Leprosy.

Treatment.—Hydrocot-Asiat and Anacardium are the best medicines for it. If these fail, surgical measures may be taken for its checking.

CHAPTER III.

ADVICE TO EUROPEAN LADIES IN CONNECTION WITH THE
MANAGEMENT OF THEIR HEALTH IN INDIA.

THE advice which has already been given in the first chapter, should be also observed by ladies, as they not only tend to the preservation of the general health, but also to that of the menstrual health of females, as most of the diseases peculiar to them are caused by heat, chill and malaria, such as, Dysmenorrhœa is caused both by chill and malarial fevers, especially Intermittent; Amenorrhœa, Vicarious menstruation are caused both by heat and chill, and so on. Besides what has been said, ladies are also required to observe the following advice for maintaining their health in this country.

ATTENDING PLACES OF AMUSEMENT.

As a rule, females of all classes and nationalities are fond of much amusement, much more than the males, and that fondness is much intensified if they belong to a civilized nationality and a polished and refined society, as is the case with European ladies in India. We hope not to be misunderstood by our fair readers that we are totally against their attending places of amusement, but rather we are for it, as it is necessary in a hot country like this, which depresses the mind very much, to have some recreation in the way of attending or joining some performance of amusement; the only thing we say, that it should be done in moderation. We know of many ladies attending theatrical performances continuously every day for weeks together in Calcutta during the months of December and January, and this, we, of course, deprecate, as it generally proves detrimental to their health. The custom of attending theatres in such dresses which keep half

portion of the chest uncovered is pernicious, and so should be avoided. Many ladies have caught cold and other diseases, owing to this habit. The habit of driving in an open phaeton at the time of returning home is also pernicious, as the temperature within theatre-hall is hot, whereas the temperature out on the road is cold in the month of December and January, and to expose the body which had been for 3 or 4 hours in a hot place to cold winds on the road, is certainly exposing the body to chill, which is one of the most potent causes of illness among Europeans in India. It is pernicious to remain awake for a long time during night, in attending places of amusement, or more so, in taking part in any amusement for a long time such as dancing, skating, &c. They should be attended and performed to an extent which may not be fatiguing to the body and sickening to the mind.

MANAGEMENT OF MENSES.

The periodical monthly flow of blood from the private parts of females is a natural function, which appears at puberty. Puberty in this country comes by a year or two earlier both in the natives and Europeans born in this country. In a healthy woman, it occurs regularly after every 28 days or lunar month, and lasts for four or five days, and the amount of blood voided during that time is from five to seven ounces. The blood is of bright red colour and does not clot. If the colour of the blood be different, if the period last for a longer or shorter time, if it occur irregularly, that is at shorter or longer intervals, if it is more or less in quantity, or if it is accompanied with pain, it must be considered that there is some menstrual disorder. Menstrual disorder occurs generally owing to ignorance and carelessness of females in those

matters. The menstrual disorders are more severe in India than in England, and especially in European ladies ; cold or chill is the most powerful agent in producing menstrual disorder. During the menstrual period, the whole system generally and the private parts especially remain in a heated condition, and so great care should be taken not to expose the body or the parts to cold wind or water. As soon as menses occurs, in every month, a lady should at once confine herself to her room. Among the respectable Indians a room is kept out for this purpose. She should seldom come out when required, she should keep the room warm by fire in the winter season, and should not under any circumstances expose her person to the blast of cold winds either within the room or out. Although it is good, and necessary for a lady during the periods to keep her body free from chill, and warm ; but at the same time it is not necessary, but rather injurious to heat *her* system very much by the use of too hot food or sitting for a long time too close to chimney or fire-side. Bathing should be stopped as long as the menses remains and a day more ; afterwards a warm bath should be taken.

During the menstrual period, only tepid water may be used in washing the private parts. No cold food or too much spiced food should be used during the menstrual period. The food during this time must be light, nutritious and non-irritating. The clothing should be loose, and not tight. It is better to remain in night dress, so as to allow the free discharge of the menstrual blood. If these precautions will be observed, most of the menstrual diseases will remain ever stranger to them.

MANAGEMENT OF HEALTH DURING PREGNANCY.

PREGNANCY is another period to which every married female is liable from the age of puberty to that of change

of life. It is very necessary to maintain good health during this period, which, owing to its delicacy, is much liable to get disordered, not only for her own sake, but also for the sake of the child in her womb, and others to follow. Her diet should not be the ordinary one which she was habituated to take when she was not pregnant. Her food should be plain and nourishing, free from hot spices and stimulants. Rice, milk, pudding vegetable, sago, stewed fruits are better than bread, eggs and flesh. The latter may be taken in moderation. Too much tea and coffee are bad ; it will be better to substitute cocoa for them. Pickles, sauces and "chutneys" should be shunned. Intoxicating drink should be taken on no account ; she should be a thorough and rigid teetotaler for the time at least.

Milk and sweet ripe fruits will be most beneficial during this period. Her clothing must not be tight, it should be loose enough not to interfere with the daily enlargement of the abdomen, and so the development of the child within her womb. Stays should be entirely dispensed with, as they interfere with free circulation and breathing, and if it be difficult to do so, the "knitted corset" may be used. A flannel bandage should be used after four or five months as to give support to the abdomen ; but it should be worn tight. Riding, swimming and dancing should be entirely left as soon it is known that pregnancy has occurred. Playing Badminton and such other games may be continued up to three or four months. After four months, walking is the only exercise which a pregnant lady can take, and that too she must leave in her eighth and ninth month. Lifting of weights or pushing of heavy things should also be withheld, as these all tend to produce miscarriage. Many minor ailments occur during pregnancy which, if treated with big strong doses of Allopathic medicines, become worse. It is better to leave them

on nature or to treat with simple Homœopathic remedies. The first is the morning sickness, which comes in first and second months generally. If it is slight, it should be left to itself, if little troublesome, *Ipecacuanha* or *Pulsatilla* may be given in two drop doses. Generally two or three doses of any of them will be quite sufficient to stop the trouble from further continuing. The other is Diarrhœa, in which rice-water may be taken. The rice may be boiled in excess of water, and, after it is well cooked, the whole should be put in a piece of cloth, and the water extracted. This water may be taken in cases of slight Diarrhœa. It is both nutritious and curative in simple Diarrhœa. If the Diarrhœa be little severe and does not get stopped by rice-water, *Pulsatilla* or *China* may be given, and, in majority of cases, two or three doses of any of these will stop the discharges from the bowels. Sometimes a pregnant lady is troubled with costiveness; she should not take purgatives as it will be injurious both to her health, and to that of the child in her womb. She may take in the morning a dose of *Sulphur*, and at eve *Nux Vomica*, both of 30th dilution, and they will be quite sufficient to remove her troubles. Piles generally comes during pregnancy, more especially owing to costiveness. *Sulphur* and *Nux Vomica* will be also useful in it. Tooth-ache may be cured by a few doses of *Staphisgria*; head-ache by *Belladonna* and cough by *Ipecacuanha* and *Bryonia*. Nothing is said about the management of her health at the time of child-birth as she will be in a position quite unable to follow the advice; and will be under the immediate supervision of a medical man. During pregnancy she should take more care than she would be taking during menstrual period, not to get exposed to too much heat or chill. By observing the above-mentioned instructions, she will not only keep her body free from illness and troubles, but will be able in the end to give birth to a healthy child, with little or almost no pains and troubles.

Parturition is a natural function, and in healthy women it is attended with almost no pain. However, this much must be borne in mind that India's climate is not so as to allow them to come out for a walk or drive soon after parturition. Hindu religion compels a woman, who has delivered, not to come out of her room for ten days and not to go out for walk or business for twenty days after parturition, and we think this is quite consistent with hygienic rules on the subject. European ladies should, as a rule, not come out for walk or drive for at least twenty days after parturition, because by coming out earlier they will be exposing their delicate and debilitated constitution to the influences of climate and atmosphere. It is not uncommon in India that puerperal fever is induced by such exposure, which generally proves fatal.

MANAGEMENT OF HEALTH AT THE PERIOD OF CHANGE OF LIFE.

THIS is a critical period during the life of females. It occurs generally between 45th and 48th year. Very seldom it occurs before the 45th or after the 48th year; it is a period when the menstrual flow gradually ceases. Some women very fondly anticipate it, as with the cessation of the menstrual flow, many diseases which have their origin in menstruation, also become strangers to them, besides the troubles of child-bearing and diseases dependent on it are obviated. In some, this change comes quietly without producing any troublesome symptoms or suffering, but, in many, it is often accompanied with troublesome diseases. It comes on slowly and gradually. Sometimes the menstrual period stops for two or three months, and then comes again with a little flow and stops; in some, after stopping for two or three months, it comes with great violence, discharging blood in a

quantity which generally produces horror in the mind of the lady; again, in some, there is palish discharge continuing for months together and becoming red during the menstrual period, and eventually stopping permanently.

During the course of the change of life, the following troubles often occur:—Head-ache with flushes of heat, Diarrhœa, Profuse Menstruation, Leucorrhœa, Indigestion, Suppression of Menses, Piles, Constipation and Uterine Inflammation.

For Flushes of heat, and Head-ache, *Aconite* and *Belladonna* may be given either one at a time, or both in alternation; for Indigestion, *Pulsatilla*, *Nux Vomica* and *Calcaria Carb*, may be tried; for Diarrhœa, Piles and Constipation, the same medicines will be useful which have been just recommended, for those diseases when occurring during pregnancy; for suppression of Menses, Profuse Menstruation, Leucorrhœa, Uterine Inflammation, &c., see the next Chapter.

Heat, Cold or Chill and Malaria are the chief things which produce diseases in this country, so ladies who are of weak constitution and whose peculiar delicate conditions owing to menstruation, pregnancy, child-birth, and change of life are more liable to be attacked with more diseases than the males, will take special care in keeping themselves off from the grasp of the said enemies. Enough has been said in the first Chapter about these, and how to protect the body from their attack.

CHAPTER IV.

SECTION I.

IRREGULAR MENSTRUATION.

By Irregular Menstruation is meant when there is irregularity in the occurrence of the menstrual periods, that is, when the menstruation comes either earlier or later than a month. In it the menstruation comes either too soon, say every week, fortnight or 3 weeks, or after more than a month. The time is quite irregular, and the patient is quite uncertain of its return. Not only the time of occurrence is irregular, but also the quantity. The menstrual blood during one period may be less than an ounce, at others, it may be more than the normal quantity. Such irregularities often occur after the first menstruation has occurred in young delicate girls. In healthy young girls it occurs with great regularity, whereas in weak, rickety, nervous, scrofulous and otherwise unhealthy girls, it occurs very irregularly, generally at longer periods. It is also caused by chill, heat, and intemperance. In India, it is generally caused by chill. In young girls, when there is irregularity after the first occurrence, and if there be no trouble, it should not be meddled with, and left to nature to substantiate it. Whether in the young girls or adults, if it is accompanied with uneasiness, pain or any other kind of troubles, it should be at once treated.

Treatment.—The following medicines should be used according to necessity :—

Pulsatilla.—If there be feeling that Menstruation will occur, but delays and does not occur, face pale, chillness, weeping mood, indifference, nausea, trembling, pressing weight in the bowels, tendency to diarrhoea.

Senicio.—Inability to sleep, nervous irritability, yawning, lassitude, sometimes fainting, pain in the back, sensation as if the period would occur.

Caulophyllum.—Head-ache frontal, tremblings, weakness, nervousness, great restlessness, fulness, heaviness and tightness in the lower parts of the bowels, flatulence in the stomach with tendency both to Diarrhoea and Constipation, severe pains in the abdomen, cramps, frequent desire to pass water, profuse discharge of mucus from the bowels, or the period may make a slight show.

Cimicifuga.—Intense pains in the head, eyes and limbs, faintness, special irritation, alternate constipation, and diarrhoea, nervous distress, uneasiness, with constant pain in left ovary region.

If the delay be longer, it should be considered Amenorrhoea, which see for treatment.

If the periods occur at a shorter interval than usual, the following medicines should be tried :—

Belladonna.—Flushed face, throbbing head-ache, weight in the forehead, heaviness in the bowels with pressure.

Calcaria.—Giddiness, shortness of breath, tightness at the chest, feet cold or damp, swelling at the pit of stomach, faintness, sensations to cold air, burning of the palms of the hands, tightness of chest.

China.—Diarrhoea painless, yellow complexion, apathy, nervousness, irritability, unnatural eagerness of appetite, or total loss of it.

Ferrum.—Earthy taste with a feeling of fulness, dullness, and confusion in the head, humming in the ears, pale lips and puffy face, or else burning red with giddiness when sitting, Diarrhoea or Constipation.

Helonious.—Loss of appetite, evacuation, morning head-ache, pale chlorotic face and skin, intolerant to the least contradiction, peevishness, sympathetic gastric disturbance.

If the patient is weak and nervous, nutritious diet should be given with exercise. Diet consisting of eggs, milk, broth,

pudding, sweet-ripe fruits may be taken with enough of light exercises, such as walking, playing badminton, &c. Exposure to rain, and cold wind should be carefully avoided, especially during the periods.

SECTION II.

AMENORRHOEA.

AMENORRHOEA means suppression of menses. It may be acute or chronic. "The sensitiveness of the female constitution generally and of the reproduction system more particularly to impressions from without, readily account for the suppressions when it takes place suddenly. The impression may be produced by unexpected or excessive excitement either of joy or sorrow ; passion or fright, a chill from damp of cold or sitting in damp grass, walking in the wet and keeping on damp shoes or damp petty coats ; cold bath during the period, change of dresses, sitting in draughts, exposure to night air or cold cutting winds, insufficient wrappers when coming out of hot rooms or assemblies or from getting overheated and cooling too suddenly. By some such accident or these, through wilful carelessness, and thoughtlessness, the tyranny of dress or the fancied inexorabilities of fashion, by late hours, heated rooms and crowded assemblies, through a delicate chest exposed and circulation effectually hampered by tight corsets and "bodices," young ladies are frequently exposed to the disorder of which we are now treating "(Gutteridge.)" Chronic Amenorrhoea is a chronic suppression of the monthly flow. It is caused by the change of residence from one climate to another, and is generally found in European families coming to this country. It is also caused by chill, sedentary habits, Leucorrhœa and debility.

"It also occurs just at the time of puberty, as for example a girl previously in good health, approaches the time of puberty; some of the changes characteristic of it takes place; the form assumes the contour of womanhood, and nothing but the occurrence of menstruation is wanting to announce the completion of the change. The menses, however, do not show themselves, but the girl begins to suffer from frequent head-aches and a flushed face, frequent back-ache, pain in the lower abdomen, constipation at bowels, a furrid tongue and a full pulse. All these signs of constitutional disorder undergo a marked increase at stated periods of about a month. After some little time Menstruation may show itself, but very scantily and attended by much pain, which for several months after the sign of its return, except such sign be afforded by vomitting of blood, passing of blood by the bowels or bleeding from the nose. Sometimes suppression occurs with some troubles after the first Menstruation has occurred easily and without any trouble."

—(*Gutteridge.*)

Treatment.—In acute Amenorrhoea or sudden stoppage of menses.

Aconite.—If the suppression is caused by cold or chill, hot flushed face, quick pulse, congestion of head or chest, bowels hot, distended and painful. Age of puberty of plethoric girls.

Apis Mel.—Suppression of menses, with congestion of the head, chloroses with puffy, bloated and waxy appearance, œdematous swelling of eyelids and feet. Aching pains, especially in right ovary.

Apocynum.—Caused by grief. Irresistible disposition to sigh with oppression at chest and pit of stomach, scantiness of urine with dropsical swelling of feet and leg.

Coffea.—When caused by excessive joy with undue excitement, spasm, colic, and aching pain in the small of back.

Belladonna.—When caused by cold or getting wet. Red face and eyes, throbbing headache, dull and disinclined to move; weight in bowels and region of the womb, drowsiness, depression of spirits, dry furred tongue. Violent pain in the small of back, cannot bear light or noise.

Colocynthis.—Suppression from vexation with severe colic, most adopted for those who are easily excited, anger.

Chamomilla.—She is very irritating and quarrelsome, one cheek red and the other pale. Pains in stomach and thighs. Profuse urination.

Pulsatilla.—Suppression caused by getting wet, buzzing in the ears, pain in the fore-head with pressure on fore-head. Pain in stomach with nausea and vomiting, constant chilliness even in warm room, mild tearful disposition with a tendency to sadness.

Sepia.—Hysteric or nervous head-ache, great disposition to perspire, yellow complexion or dingy spots on the face, painful sensation of emptiness at pit of stomach.

Crocus.—Sensation as if menses would appear, with colic and dragging down in the direction of pedundum, sensation of something alive in the abdomen, discharge of thick, black and stringy blood from the nose.

Dulcamara.—Suppression caused by exposure to cold winds or rain. A rash appears at each menstrual period. Every time she takes cold, she gets some kind of eruption on the skin.

Gelsiminum.—Head-ache, heaviness of eyelids. Suppression with sensation of heaviness in uterine region. Feeling of fulness in hypogastrium, slight uterine pains and aching across sacrum, as if menses would appear.

Ignatia.—When caused by grief. Involuntary sighing, head-ache with heaviness and heat; dread of light, palpitation, nausea, faintness, loss of appetite.

Rus Tox.—Suppression from getting wet in a shower, from bathing in cold water ; violent pressing pains in uterine region, swollen and tender breasts, rheumatic pains and stiffness of limbs, worse at night.

IN CHRONIC SUPPRESSION.

Arsenicum.—Great debility, pain in the shoulders, and the very bottom of the back, from the lower part of the abdomen into vagina, or shooting pains from rectum into vagina. The pain is so violent as to compel the patient to bend double with loud lamentations ; eructation, cold perspiration ; corrosive leucorrhœa.

Acid Phosphoric.—When suppression is caused owing to debility, after a prolonged weakening disease, or an acute illness such as Typhus fever. Thin acrid leucorrhœa. Hair falls in great quantity.

Æsculus.—Great prostration of the system, disinclination to perform any work, yawning, stitching and chilliness, sleep disturbed by frightful dreams, dull pains in right side over liver, and in small of the back ; constipation with ineffectual desire and great urging.

Apis Mel.—Irritation of bladder with scantiness of urine, tenderness of ovaries ; pain deep seated ; weight, heaviness.

Cimicifuga.—Undue excitability of the nervous system, rheumatic neuralgia. Hysteria, occasional chorea, giddiness and dulness of head. Restlessness and derangement of stomach. Nausea, unsuccessful efforts to vomit.

Collinsonia.—Congestion of uterus, nausea, fainting, yellow appearance round the eyes, great disposition to sleep during day, head-ache.

Conium.—Great nervousness or hysterical symptoms, involuntary laughing and weeping, debility, excessive weak-

ness, urine intermits in its flow ; breast enlarged, giddiness very useful in amenorrhœa from undeveloped state of ovaries.

Ferrum.—Suppression owing to anæmia, chlorosis or debility ; dizziness, humming in the ears ; face pale and puffiness round the eyes ; great nervousness, great disposition to lie and sit still, bowels sluggish. The menses may just show like coloured water.

Graphites.—Total suppression or an occasional show, pale and very scanty. Eructation ; eruption of small blebs, itching blotches, dyspeptic symptoms ; constipation. Also in suppression when it has occurred soon after the flow had commenced. Swelling of ovaries, leucorrhœa often white or watery.

Pulsatilla.—Pale face, chilliness even in summer ; melancholy mood, peevishness ; difficulty of breathing : loss of breath after slight exertion, cold in the head ; aching pains in the bones ; tooth-ache, nausea, trembling ; buzzing in the ears ; pains in the loins ; oppressive weight in the abdomen, burning pains in the vagina and pedundum. Leucorrhœa, diarrhœa, water brash and sour vomiting.

Sabina.—Menstrual colic, violent labour-like pains ; pressing and drawing from the back to the uterus, Leucorrhœa.

Senicio.—In delicate patients of fine skin, vascular excitement, rush of blood to the head. Palpitation, weariness, soreness of private parts, coldness of hand and feet, constipation.

SECTION III.

VICARIOUS MENSTRUATION.

It consists in the suppression of menses attended with bleeding at the nose, spitting or vomiting of blood, or very rarely of oozing of blood from the various parts of the body.

Treatment.—*Ferrum*, *Bryonia* and *Hammamelis* are the best medicines for it. If they fail they should be either substituted or alternated with any medicine just described under the section of Amenorrhœa, symptomatic to the case.

SECTION IV.

DYSMENORRHŒA.

DYSMENORRHŒA or painful menstruation is caused by heat, chill or sudden change of temperature. In it the flow is scanty and most painful, sometimes blackish which clots; and sometimes thready.

It is of several sorts, (1) Mechanical, in which the flow is obstructed by the existence of stricture; (2) Functional Dysmenorrhœa, in which the ovaries and uterus cannot perform the periodical duties without pain and in which the pain is felt chiefly if not entirely before the flow is fully established; (3) Membraneous Dysmenorrhœa, in which the primary fault being in the uterine mucus membrane. The discharge in it is large, thick and clotted and so produces pain in the course of its expulsion; (4) Non-obstructive Dysmenorrhœa in which the pain continues during the flow and is caused by abnormal sensitiveness of the nerves of the ovaries or uterus or of both. Chronic inflammations of the ovaries or the uterus are at the root of every kind of Dysmenorrhœa. It is more frequent in India than in England or other European countries. The disease is troublesome and goes on recurring if not checked by treatment. It often produces barrenness though not of a permanent character.

Treatment.—For Mechanical Dysmenorrhœa, surgical measures are necessary for cure. For other sorts, the fol-

lowing medicines should be given according to their indications.

Apis Mel.—Menses scanty and slimy with congestion of ovaries. Feeling of weight or pressure in the region of ovary.

Belladonna.—The pains precede the flow with congestion to head and confusion to sight. Pains come on suddenly and cease as suddenly. Discharge of blood of bright red colour or clotted and offensive. Strong bearing down pains.

Cactus.—Scanty flow of menstrual blood which ceases to flow when lying down. Pains terrible, causing one to cry loud and weep. A feeling as if the heart was constricted with an iron hand. Periodical pains coming mostly in the evening.

Caulophylum.—Spasmodic bearing-down pains with scanty flow. Dysmenorrhœa. Sympathetic cramps and spasms of adjacent parts.

Chamomilla.—Pressive pain in the uterus resembling labour-like pains. Discharge, black, coagulated with tearing pains in the thighs. One cheek red, the other pale. Very impatient and irritable.

Cimicifuga.—Great pains in back, thighs and hips, of a neuralgic character. Flow scanty or profuse but coagulated. Low spirited and sensitive.

Conium.—The breast swells and becomes hard previous to menses. Flow scanty and brownish in appearance. Difficulty in urinating which passes by fits and starts.

Nux Vom.—Writhing pains in the abdomen with nausea. Discharge of thick clotted blood. Soreness across pubis as if bruised, constipation.

Phytolacca.—Painful menstruation especially in barren women. Breast hard and painful.

Platinum.—Menses dark and clotted preceded by spasms, desire for stool. During the menses pinching in the abdomen, excruciating pains in the uterus, twitching pains so as to scream.

Pulsatilla.—Delayed menses, blood thick and black and flowing by fits and starts, pains so violent that she cries and tosses about. Drawing sensation extending down to thighs, vertigo rising up, mild tearful disposition.

Sepia.—Menses early and scanty, pain severe and colicky. Before menses leucorrhœa excoriating the parts. Painful sensation of emptiness at pit of stomach. Hard knotty stools.

Viburnum opulus.—Spasmodic Dysmenorrhœa. Excruciating colicky pains in the womb and lower part of abdomen coming on suddenly just preceding the flow. Warm sitz bath, in which the patient may remain for fifteen or twenty minutes will be found most beneficial in this painful disease.

SECTION V.

PROFUSE MENSTRUATION.

PROFUSE menstruation, technically called menorrhagia, consists in the excessive flow of the menstrual blood. The discharge of the blood depends upon the particular constitution of the females, the climate of the locality and other influences operating on their particular constitution. The normal quantity of blood voided is generally from 5 to 7 ozs., and the time which a period takes is from 4 to 5 days coming in every 28 days. So if the period begins for more than four or five days, or comes too frequently, or the quantity is more, it should be presumed that the person is suffering with menorrhagia. Sometimes the menstruation does not stop for a long time lingering for 2 or 3 months or more. In some the discharge is a slight painful, but in

the majority of cases it is painless, and produces great debility on account of the great drain of the animal fluid. It is caused by heat, chronic inflammation of the uterus, change of residence, sudden change of temperature, &c. In India it is more caused by the intensity of heat and malarial influences. When occurring in weak and sickly women, it produces great debility. It is often accompanied with Leucorrhœa, which precedes or follows it.

Treatment :—

Aconite.—Profuse menstruation with anxiety and fear of death. Vertigo on rising from recumbent posture; adopted to young girls and plethoric females. Induced by dry cold winds.

Belladonna.—Violent pressing down as everything would escape through genitals. Throbbing head-ache, too early and profuse flow, discharging bright red blood, imparting a sense of heat.

Bryonia.—Too early and profuse flow of dark red blood with lacerating pains in the limbs, wants to remain quite and still, nausea and faintness. Stools dry hard as if burnt. Very irritable.

Calcaria Carb.—Too early and excessive flow, especially in pale females inclined to fatness, troubled with cold; damp feet. Long-lasting periods.

Ferrum Met.—Simple increase of menstrual flow, Anæmia.

Chamomilla.—Violent pains in the uterus and tearing in the nerves of legs. Profuse discharge of black and clotted blood. Very impatient. Frequent urination.

Crocus.—Profuse flow of bright red blood only in the evening, cutting pains in the lower part of abdomen, first in right side, then in left. Discharge of black clots.

Ignatia.—Menstrual flow, excessive and long-lasting. Melancholy mood with frequent sighing. Cold hands and feet, also numbness of feet and legs.

Nux Moschetta.—Menses early and profuse with discharge of thick black blood. Tongue and mouth dry. Drowsiness and inclination to faint. Great distension of abdomen after eating.

Sabina.—Very profuse and debilitating menses. Discharge of partly red and partly clotted blood. Drawing pains into groin. Drawing and tearing pains from back through pubis.

Secale.—Too profuse and too long-continued passing of black watery blood.

Sepia.—Painful sensation of emptiness at pit of stomach. Fetid urine, menses early and profuse preceded by colic.

Trilium.—Too long-lasting menses, first red and afterwards yellowish. Leucorrhœa between periods of thick consistence and yellowish colour. Profuse hemorrhage.

SECTION VI.

LEUCORRHŒA.

IT consists in whitish, yellowish or milky liquid discharge from the private parts of the females. It is more a symptom than a disease as it has always some disease of the genital-organs for its cause; such as Dysmenorrhœa, Menorrhagia, Congestion of uterus, &c. Heat is one of the most potent causes for its production and so it is much frequent among European females in India.

Treatment :—

Alumina.—Profuse, perulent, yellowish corroding discharge just before and after menses, constipation with straining at stool.

Ammon Carb.—Leucorrhœa watery, burning and very acrid ; quite sickly, weak, delicate women.

Arsenicum.—Discharge of thick yellow acrid, corroding leucorrhœa, which makes the part sore ; anguish and restlessness.

Calcaria Carb.—Milk-like discharge during micturition or flowing out by spells.

Conium.—Weakness and lowness in small of back. Leucorrhœa, smarting and excruciating the parts. Induration or ulceration of the mouth of the womb, discharge whitish or milky and painful.

Cubeb.—Womb swollen and painful, with profuse yellow, greenish, very acrid and offensive discharge.

Kali Bich.—Yellow, ropy discharge which can be drawn into long strings, menses too soon with vertigo, nausea and head-ache.

Lachesis.—Copious discharge of whitish or greenish stringy matter, which produces smarting, and stiffens linen, occurring before menses in women at critical stage.

Lycopodium.—Profuse discharge of leucorrhœal matter at intervals, with cutting pain across the hypogastric region from right to left, sense of fulness in stomach after eating, sandy sediments in urine.

Nitric Acid.—Discharge of ropy or green mucus, also flesh coloured, brown, acrid or offensive. Itching, burning and swelling of the private parts.

Nux Moscheta.—Leucorrhœa in place of menses, great drowsiness, hysterical women. Falling of the womb.

Nux Vom.—Menses irregular, fetid, yellow discharge, with much pain in the uterus. Habitual constipation.

Pulsatilla.—Discharge of thin milky matter, especially after the menses, which produces burning and swelling in the private parts, also discharge of thick white mucus before or during menses ; mild, tearful women.

Sabina.—Discharge of ropy glairy mucus producing excoriation.

Zincum Met.—Discharge of bloody mucus after menstruation, with itching of the private parts, chronic, sickly head-ache.

SECTION VII.

UTERINE INFLAMMATION.

UTERINE inflammation or inflammation of the womb may be either acute or chronic. Chronic inflammation of the womb is the cause of many genital diseases of the females. Inflammation may arise from cold, sudden change of temperature, malaria, violent exertion during periods, cold taken after miscarriage or abortion. The symptoms observed are shiverings, chills, followed by heat and feverishness, pains in the vagina, sharp pains darting from the small of the back to the front of the pelvis bones; coughing and sneezing painful; constant desire to pass water, with a little passed after much straining; bowels constipated, tongue furred, pulse quick and hard, thirst and faintness. The following medicines may be used according to their indications :—

Aconite.—Alternate heat and chill with thirst, feverishness, and stinging shooting pains.

Belladonna.—Burning pains in the vagina and womb, region of bladder painful and distended, frequent urging to urinate, tongue white; nausea and vomiting, depression of spirits, prostration, drowsiness.

Bryonia.—Splitting head-ache. The suffering is aggravated by motion, nausea, fainting, and constipation.

Hedeoma.—Excessive bearing down pains in the private parts and in the back, which aggravates by the least move-

ment; pains and coldness in the limbs with a feeling of inability to move, almost semi-paralysis; difficulty of breathing and nervous twitchings.

Iodine.—Great pain in the womb with continual urging to urinate. Pains aggravate by pressure, warmth or movement.

Lachesis.—The patient cannot bear the slightest pressure, even of bed clothes, the pains appear going towards the chest: a slight flow of menses produces relief, which is soon followed by a return of pain and all the symptoms.

Mercurius.—Inflammation from a draught, cold air or rain, shivering, chill and fever with heat and dryness of the skin, dryness of mouth with thirst, pain, restlessness and weariness.

Veratrum Ver.—Chilliness with nausea, coldness of the whole body with a little perspiration, especially on the hands, feet and face.

Kreosote.—The patient sinks down in bed utterly exhausted. Her expression becomes curious and anxious. There is low fever accompanied with acrid and offensive discharge from private parts.

In chronic inflammation and congestion of the womb, the following may be tried:—

Belladonna; *Sabina*; *Lillia-Trig*; *Murex Purp*; *Aurum*, and *Sepia*.

SECTION VIII.

OVARITIS.

OVARITIS or inflammation of the ovary is caused by cold, chill, heat, exposure to rain, &c. It often produces sterility. The following medicines may be given according to their indications.

Aconite.—When caused by exposure to cold winds or rain, painful urging to urinate, great stinging or cutting pains at the region of ovaries.

Apis. Mel.—Stinging pains in the ovaries, which are swollen and tender to the touch, cough with soreness in the chest, scanty urine.

Arsenicum.—Drawing, stitching or burning pains in the ovaries.

Belladonna.—Ovary hard and swollen with throbbing stitching pains. Constant bearing down, as if something will come out.

Cantharis.—Great burning pains in the region of the ovaries, constant desire to urinate, urine in drops mixed with blood, bearing down towards genitals.

Lachesis.—Inflammation of the left ovary with drawing and pressing pains.

Pulsatilla.—By getting wet or suppression of menses. much violent pain, constant chilliness, craves fresh, cool air, worse in warm room.

SECTION IX.

HYSTERIA.

It is a nervous disease, though seldom met in males, but is almost exclusively met in females with a great variety of symptoms of both mind and body. It generally attacks between the age of 15 and 25, and is more frequent in cities than in country. The causes are luxurious habits, ungratified sexual desires, lack of aim in life, and uterine and menstrual affections.

Symptoms.—The symptoms are so varied and diverse that the disease can be mistaken for others. The patient may

one time laugh and then begin to weep, and then she may talk a good deal or remain quite mute. She may laugh and show signs of joy at a sad tiding, or weep and shed tears at some good joyful news; she may imagine to see angels, demons, or some peculiar animal of her peculiar fancy. These phenomena readily pass away and do not remain permanent, as is the case in insanity; sometimes pain is felt in one or more parts of the body. The sensory organs become sometimes exalted, and so her vision becomes more keen, her hearing more acute, and smell more sensitive. She may at times be attacked with cough, laryngitis, spasms and temporary paralysis. There may be spasms in the pharynx, giving a sensation as if there was a plug or ball in the throat, which is called *Globus Hystericus*. The hysteric fit is something like an epileptic fit, when the sufferer falls down with a shriek, but does not become unconscious. She takes care at the time of falling as not to injure herself. There are no convulsions or foam in the mouth, which are characteristic of Epilepsy. After the fit is over the patient passes comparatively greater quantity of pale urine. There is great exhaustion after the fit.

Treatment.—During the paroxysm *Moschus* and *Camphor* are useful. *Ignatia*, *Platinum*, *Tarentula*, *Assafœtida*, and *Valerian* are the most useful medicines to be given after the paroxysm is over, during the intermission for checking its recurrence. For radically curing the malady, the particular cause of a case should be found out and removed.

CHAPTER V.

ADVICE ON THE MANAGEMENT OF EUROPEAN CHILDREN
IN INDIA.

THE climate of India is more inimical to the European children than to the European adults, on account of their delicate constitution. Their mortality in this country is comparatively too much than that of in their own country, as already said and shown in the first chapter. Not only this, but the constitution of one and all, born and bred up in India without good management, suffer extraordinarily, and produce a crop of weak, puny, physically and mentally deteriorated children, on whom the above characters are stamped out for their whole life, and who in course of time are to become, and do become, actually parents of children of similar deteriorated constitution like that of their own ; because one can't expect to have good fruits from degenerated trees, and in this way the wrong goes on by generation to generation, producing a class of human beings degenerated both physically and mentally, who would not have been so had they and their forefathers been born and brought up in their own country, or, if born in India, brought up thoroughly under a good management. Under such a circumstance it is more needful to see whether this evil can be averted. We are of opinion that under proper management, the mortality of European children in India can be very much lessened, and that they can be kept healthy, free from physical or mental deterioration ; however, we do not presume that the same typical good health can be maintained here what can be maintained in their own country under similar good management. Our first advice is, with whom expense is no matter of consideration, to send their wives home, as soon as conception takes place, and the child to be delivered there and kept there till he attains maturity. As regards those who are not in a

position to send their wives home, it will be better to rear them in plains up to 5th or 6th year, as it is an altogether agreed point by all authorities on the subject, that Indian climate is harmless up to that time, and the children will thrive in the same way as if in European countries. Even some of the diseases, such as Whooping cough, Pneumonia, Scarlatina, with which children suffer badly at home, will be comparatively much less troublesome and dangerous in this country. But one should be careful not to keep his children with him if he happen to be living in some malarious districts. Malaria has great blood-deteriorating and energy-depressing properties, so infants should be shielded from their influence. Gentlemen living in malarious districts should send their wives, when they become pregnant, to some non-malarious place on the plains or to some hill. After rearing the children up to 5th or 6th year of their age, a period up to which the climate has no effect in producing physical or mental deterioration, they should be sent to some hill, to remain there and get education up to the age of maturity. It is the general opinion of all medical men that the climate of the hills is similar to that of the healthy districts of England, and children thrive in the same way like others in England. In support of this we quote from Sir R. Martin's writing : " The Principal of the Lawrence Asylum says that the children of soldiers in the plains die so early that only about one in five is found surviving its fifth year of Indian sojourn, while in the mountains they thrive like the children in the healthy country districts of England." The best plan will be to select some healthy hilly place, a big plot of ground, where necessary numbers of houses be built and institutions be opened for their education. The Government may open this, and enforce laws compelling all Europeans to send their children there, who cannot afford to send to England ; and may charge them according to their pe-

cuniary position: under such arrangement we are sure that the children brought up will be almost as healthy, both physically and mentally, as their brethren born and brought up in the cool temperate climate of European countries.

Now, in brief, we propose to give here the way in which the child should be first received in the world, and how it should be treated and reared during its infancy and childhood. As soon as the time of delivery comes, the lady should be put into an airy and clean room to wait for that critical and pleasant moment, when she might observe with unbounded joy the face of her darling, after undergoing a good deal of troubles. It is better to select the lying-in-room in the 2nd or 3rd floor, and not on the ground-floor; but such things can only be accomplished in some of the big cities of India, as the Bungalows prepared for the occupancy of Europeans in all cities, excepting a very few, are not double-storied. If the house is not a double-storied one, and the room to be selected is to be found on the ground-floor, then it will be better to dry thoroughly the floor of the room by burning coals for a day. The room should be kept as dry as possible, and in winter season it should be kept pretty warm by burning firewood and coal in the chimney. If there be no chimney in the house, warmth may be maintained in the room by keeping burning coal in iron box-like thing, made for the purpose, called *Atushdan*. The *Atushdan* should be kept near windows, so that the gas may go off and not pollute the air by its excess: no smoke should be allowed to enter or remain in the house. The lady should be placed on the bed; a horse mattress is good to be used on the bed. As soon as the child is delivered, and the tying and the cutting of the cord is done, the child begins to live a life, independent of its mother. The first thing to be done is to keep the child

enveloped in a piece of well-warmed flannel. This is necessary to keep him warm, as the temperature of the atmosphere it has now entered is comparatively much cooler than that of the womb from which it came. The child may be kept in the arms of the nurse or allowed to remain lying aside for half-an-hour or so, after which it should be given a bath; the temperature of the water may be from 98° to 100° F. The child should be put into large basin containing water of the above temperature, its head may be placed on the left hand of the nurse, and the water should reach up to its neck. The washing should be done gently but rapidly. All the sticky dirty things from its body should be gently removed; if necessary, a little oil be used. The child should not be kept long in the water, as there will be fear of his catching cold. If all the cheesy and sticky matter do not get removed within that short time, it does not matter, as it will be removed in the subsequent washing; but on no account the child should be kept in the water for a longer period, which might occasion chill. The face should not be washed by that water, and, for this reason, it has been said that the nurse, while using the right hand in washing, should support the head of the child by the left hand above the surface of the water, because there is a great fear of producing ophthalmia in the child's eyes by the touch of that dirty water. After washing, the child should be thoroughly wiped with a dry towel, enveloped in a piece of dry flannel and laid aside. The face should then receive the attention of the nurse. The face should be then washed by fresh warmed water, and the mouth should be cleansed by thrusting the small finger wrapped with a little rag, and taking out in one sweep anything sticking inside. The face should be then wiped with a dry towel. The child after washing may be dusted with powdered starch; this will most effectually

absorb the moisture if remaining on its body, which, if not dried, may occasion chill. The violet powder generally in use is objectionable, as often it has been found to contain arsenic, which is a most irritant poison. After this the baby should be dressed: the dress should be loose and without pins or hooks; it is better to use tapes instead of pins and hooks, as the latter often pinch into the delicate flesh of the child and produce much pain and restlessness. The navel cord should also be kept secured, so that it may not get irritated by coming in direct contact with the body of its mother or nurse. A piece of flat rag may be wrapped around the cord, and afterwards a piece may be wrapped around the belly of the infant; a slit may be made in that rag, through which the folded cord may be taken out. In this way it will neither be displaced nor irritated by the contact of the body of its mother or nurse. The cord generally falls off itself, without producing any trouble, in the course of three or four days. If after the falling off of the cord a sore is produced, it can be cured by the use of little Glycerine or Zinc ointment, to be applied at the part by means of a little rag or lint. When the face of the child has been washed, and it is wrapped with a piece of flannel, it should be left to take rest, as to give it rest is also essentially necessary after the great struggle and trouble it experienced in coming out of its mother's womb. The baby should be allowed to rest for an hour or two, and if it get into sleep it should be allowed to enjoy the repose for five or six hours. There is no harm in allowing it to remain so without milk for such a time, as it comes out of its mother's womb duly supplied with nourishment, able to remain so for at least twelve hours without suffering with hunger. After it has taken rest, it should be given to the mother for nursing. The mother's milk of that time is the best and necessary food for her child, and the mother must be considered

most cruel and inhuman who will deny that to her offspring. False delicacy and irrational socialism should be given way, and the dictates of nature and the rights of humanity should be heeded to. Some nurses are in the habit of giving at the first time cow's milk, goat's milk, or some such other thing, instead of mother's milk ; but that is unnatural, and so injurious. They do so with the mistaken idea that it will be injurious to give soon the mother's milk. But they are wrong, and, to support our saying, we quote the words of a great authority: "The earlier a child is put to the breast, the more fully does the uterus contract ; the sooner is the meconium purged off, the less chance there will be of the mother suffering from milk fever, sore nipples, distended, painful and knotty breasts, milk abscesses, &c., and of the child from flatulence, disordered stomach and bowels, aphthæ, &c." (Righby.) The only really suitable milk for the new-born infant is the mother's milk of that time or *colostrum*, which differs from the secretions of the later period. It has a peculiar laxative property, by which it expels from the child's bowels the meconium which has been accumulated during the intra-uterine existence of the child. It will not necessitate the use of any purgative, which is generally pernicious, and parents should be careful to see that castor-oil or any other purgative may not be administered by the nurses, who as a rule are very fond of giving physic. Physic should not be given unless administered by a medical man ; not only on the first day, but for the whole of the first year, mother's milk is the best and natural food for the infant, and no mother, as a rational creature, should deprive her little one of its natural and necessary food. There may be some exceptional cases, such as of some illness or extreme weakness, when the mother may be unfit or unable to suckle her baby ;

but as a rule all women who give birth to children are naturally fit to suckle their children. Suckling must be done up to the whole of the year, after which the child should be weaned, as then the milk becomes poor, not quite sufficient to nourish the child thoroughly, and the child also gets some teeth, able to chew some kind of semi-solid or solid food. Besides this, if the lactation is continued for a longer time, the mother will be weakened. Next to the mother's milk is the milk of a healthy wet nurse. If the mother be incompetent to suckle her young one, owing to illness or debility, a healthy wet nurse of robust constitution, free from venereal, cutaneous or lung diseases, should be chosen for the nursing of the child. She should be young but not youthful, her age must be between 20 and 30, not menstruating at that time, and the date of her confinement should approximate to that of the age of the child she is going to nurse. Her breasts must be firm and plump, and not hanging loosely, containing abundant quantity of milk of bluish-white colour. The best test of the goodness of the milk is that the child will suck vigorously, and it will overflow his lips; but if the child often and continuously requires the breast, sucks laboriously, occasionally deserts and cries peevishly, it should be taken for granted that either the milk is bad, scanty, or both. Great care should be taken in the regimen of the mother or the wet nurse: no stimulating or irritating food should be allowed, as it has often been observed that the action of such food is directly produced upon the child through the milk. Flesh should be allowed; plenty of gruel, pudding and milk may be allowed.

If in case the mother be incompetent to nurse her child, and also a wet nurse be not found, then, under such a circumstance, cow's milk, which is very much similar to human milk, should be given by means of an ordinary milk

bottle. The following table will show the compositions of different kinds of milk, and their proximity to the breast milk.

COMPOSITION OF MILKS.

	Human.	Cow's.	Ass's.	Goat's.	Condensed as sold.	Condensed.
Casein (or curd) ..	3'1	4'5	1'8	4'0	17'3	3'5
Fat	3'5	3'6	1'3	4'4	10'5	2'1
Sugar	4'6	4'5	6'2	4'7	43'3	8'6
Salts... ..	'3	'7	'3	'6	2'9	'6
Total Solids ...	11'5	13'3	9'6	13'7	74'0	14'8
Water	88'5	86'7	90'4	86'3	26'0	85'2
Total	100	100	100	100	100	100

By the above table it is apparent that cow's milk bears the closest approximation to that of the human, and so cow's milk is more adaptable to the newly-born infant than other milks. But a better plan will be to prepare cow's milk artificially of such consistence as to resemble thoroughly the human milk. The following is the way adapted by Dr. Frankland in preparing such milk: "Take half a pint of new milk and let it stand about 12 hours. At the end of this time skim off the cream, and add the cream to a pint of perfectly fresh new milk. To the half pint of skim milk add a piece of rennet about an inch square, and let the vessel containing it stand in hot water till the milk has thoroughly curdled.* Remove all the curd which is

* NOTE.—As soon as the curdling commences the rennet should be removed and put aside in an egg-cup for future use, as it can be employed daily for a month or more.

our object to get rid of, to the remaining whey add a little powdered sugar, warm it, and then pour it into the pint of new milk, to which the cream has already been added. In this way we shall have obtained a milk which contains all the cream and salts of the pint and a half of new milk, but only two-thirds of the casein, and with a little added sugar this fluid will very closely approach the composition of human milk, which constitutes our ideal. No dilution is required." But on no account should artificial feeding be introduced when breast milk is available, as the latter is most conducive to the health of infants than any kind of artificial, chosen or prepared with the greatest skill. The following table, compiled by Dr. Routtis, will show the great superiority of breast milk to hand feeding :—

Method of Feeding.	Result in each hundred cases.
I.—Breast milk alone till 9th month or longer.	63 well developed. 23 medium do. 14 badly do.
II.—Breast milk somewhat scanty, necessitating other food, during later months, to supplement breast milk.	57½ well developed. 25½ medium do. 16 badly do.
III.—Small supply of breast milk only, necessitating additional food from birth.	27 well developed. 26 medium do. 46 badly do.
IV.—Fed entirely by hand, no breast milk at all.	10 well developed. 26 medium do. 64 badly do.

Farinaceous food, such as rice, sago, arrowroot, &c., which are really excellent food on account of their lightness and nutritibility for a little grown-up infants, say, who has passed the first year, are altogether unsuitable and injurious to new-born infants, the reason being that saliva, which is a

very necessary thing for the digestion of farinaceous food, is not secreted until the dentition begins, and is fully established ; besides, such food require mastication, which cannot be done until there are some teeth in the mouth. Farinaceous food should be cautiously and religiously withheld, and any mother not caring this advice will do great harm to her little one. We quote here the opinions of two eminent medical men upon it :—

“Constituted in great part, as these articles are, of a principle (starch) which has no existence in milk, and which requires to undergo a certain kind of digestion to fit it for absorption, it is presumable that the digestive organs are not adopted, at this stage, properly to meet the demand that is made when these substances are consumed. From the fact that they are light and nourishing for older children, there is a popular tendency to regard them as forming a suitable food for early infancy ; but all authorities concur in condemning them as improper for use at such a period. It is true, later on they represent the most appropriate solid material to begin with, but this is when the digestive organs have reached a more advanced stage of development.” (Pavy.)

“ You are aware that physiological and chemical researches have proved that food has two distinct purposes in the organism, the one to furnish materials for the growth of the body, the other to afford matter for the maintenance of its temperature ; and that life cannot be long supported except on a diet in which these elements bear a certain proportion to each other. Now in milk, the proper food for infants, the elements of the former are to those of the latter in the proportion of 1 to 2, while in arrowroot, sago and tapioca they are only as 1 to 26, and even in wheaten flour only as 1 to 7. If to this we add the absence of an oleaginous matter which the milk contributes to supply the body with fat (and which

can be eliminated only by a conversion of their elements, to which the feeble powers of digestion in early life are not equal), and the smaller quantity and to a certain extent the different kind of the salts which they contain, it becomes at once apparent that by such a diet the health, if not the life, of the infant must almost ineminently be sacrificed." (West.)

It is of great importance that the infant should be provided with nourishment at regular intervals, whether it be from its mother, wet nurse, milk, or both. In the beginning it should be supplied at intervals of 2 hours when it is awake. It should never be awakened when asleep in the night and nursed, except under medical orders given under particular circumstances. The intervals should be prolonged as the age advances,—that is, milk may be supplied at intervals of 3 hours at the age of 3 or 4 months, and at intervals of 4 hours at the age of 5 or 6 months and after it. After the age of 4 months the child should not be suckled during night: it should be taught to sleep undisturbed. Suckling may be continued for full one year, if the mother or the wet nurse be stout and healthy; if not up to 9 months. But on no account it should be stopped before 9 months, unless owing to some reason under medical advice. The weaning should be commenced after the 9th month in cases of weakly mother or nurses; in those of strong constitution after 12 months. It should not be done abruptly, but slowly. The child at this period has now some teeth, and the secretion of saliva is also now well established. It is at this period that farinaceous food is of great use. But while giving the child such food, milk should not be withheld from it. At the time of weaning, suckling may be decreased and farinaceous food must be given instead of it. By and by suckling must be entirely stopped, and should be replaced by fresh cow's

milk: not only after weaning, in the second year, but up to the age of 5 years at least milk should form the principal food of the child, as it will greatly go to produce good strong bones, which will produce at the age of puberty a strong stalwart frame. There are many kinds of farinaceous food in use, both patent and ordinary, but, we strongly recommend for the Indian climate rice pudding prepared with pounded rice, sugar, milk, and a little butter. It should be prepared in a semi-liquid form. It may be given 3 or 4 times a day in the second year. It will be not out of place to mention here that a practice is also present in this country of giving something to the child for producing sleep, as it is in England by administering soothing syrups. The soothing syrups of England almost always contain opium, which produces sleep in the child, and the same is with the things here. It is opium in some form or other. The Indian females are too prone to give this to their children when they do not sleep or become fretful. Opium is a great poison, and its action upon infants is more strong; we know of several cases of poisoning occasioned by the administration of such soothing potions.

Parents should be careful to see that their children are not drugged with this poisonous thing by the *nurses* or *ayas*. We are not of opinion that flesh in any form, whether solid, or broth prepared of it, should be given to the child even in its 2nd year as some medical men advocate its use even from the 9th month. It will certainly produce derangement of liver, if given too early. Broth prepared from mutton or chicken may be given in the 3rd year; still it should not be given much. Milk should still form the principal food, and next to it, farinaceous food; and the broth may be only the occasional diet. During the 4th and 5th year flesh may be given, thoroughly minced and well-cooked, little and sparingly. During these years vegetable diet must

preponderate. Potatoes and succulent vegetables should be given with advantage with bread, pulse, &c. During these years farinaceous diet should decrease a little, and nitrogenous diet may increase. Sweet fruits of the season may be given in moderation without impunity. After the 5th year, children may be allowed to take what the parents take ; still they should be allowed to take milk in excess. Eggs can be given from the 3rd year either mixed with milk and sugar, or half-boiled mixed with some farinaceous food. Cocoa may be allowed from the 4th year, but tea and coffee should not be allowed till the 6th year ; but it is much better that up to 10 or 12 years they should be given cocoa instead of tea and coffee. Water should be allowed first in small quantities, from the time they commence to take farinaceous food. The water should be distilled or boiled and filtered. There is a cruel practice going on among some on account of ignorance, of withholding water from the children even up to the 4th year of their age, or of giving very sparingly. They generally give tea and coffee to their children when water is wanted by them. This is pernicious, and so should be abstained from. Tea and coffee cannot perform the duties of pure water ; on the other hand, they are injurious to infants and young children. Water quenches thirst, dissolves food, assists assimilation, and so is the great factor in producing nutrition. Soda-water, lemonade and such other ærated water should never be given as a drink before the 6th year ; they should better be avoided even after that for some time. Alcohol, which is a poison to the human constitution, should never be given to children under any circumstance, even in drop doses. Parents, not caring this advice, will greatly spoil the health of their children.

Great care should be taken about the clothing of the children owing to the delicacy of their constitution. In

winter season, in the north and central parts of India, their clothing should consist of woollen cloth, such as flannel, merino, Panjabi or Cashmere *malida*, &c. In the summer, the dress should be of cotton, linen and thin or gauze flannel. In rainy season, the clothing may consist both of cotton and woollen cloths : the under-clothing may be of cotton and the outer of wool. It is a cruel practice to keep the limbs of a child uncovered, with the idea that such practice will produce *hardening*, which is conducive to the health of the child. This is a misconception, productive of serious injury to the health of the child, and so should be avoided. For more information, see the section on clothing in first chapter. Exercise is as much necessary for children as it is for grown-up men. Infants up to the age they cannot walk, should be sent out every morning and evening in perambulators, and as soon as they are able to walk, they may be allowed to walk and run in the house, within the compound, never tempting them or forcing them to walk and run so much as may produce fatigue in them. They may be also sent out riding on a pony. The *aya* or a servant should accompany on such occasions. Morning is the best time for riding or going out for a walk.

The child should be put to bed early, so that it may have good sleep and thorough rest, things which are necessary for the renovation of the tissues, which get wasted by exercise, &c. The waste and renovation in a child is more than in adults, so a child is required to have comparatively less exercise and more rest. The more frequency of the beating of the pulse and the higher temperature of the body of the child than the adult show that in the system of the child more combustion is going on, and hence more waste of the tissues ; and as the child is required to gain every day little by little in weight, in order to grow, which is not the case with adults, show that renovation is required. So we

see the necessity of giving the child more sleep and rest than we ordinarily require. The child may be allowed to sleep the whole night by making it go to bed early; it will most probably rise early, in best time to go for a walk. If the child has slept late, and does not awake early in the morning, it should not be awakened voluntarily, but allowed to sleep calmly, until it awakes of its own accord. In all probability it will rise early if it has gone to sleep early and has had a sound sleep. It should be also allowed to sleep for a couple of hours or so during the day; the best time in the day for allowing it to sleep is between 12 o'clock to 3 o'clock. The child should be given ablution every day. There are millions of pores in the skin which give out sweat, &c., which are refuges of the body, and they should be cleansed off for the sake of maintaining its health, as has been observed in the first chapter. On account of more waste going on in the body of the child, it is much more necessary to keep the skin more clean and the pores unclogged. The child should be washed with soap and water. The water may be cold or warm. By cold we mean the ordinary well or river water. In winter season in the north and central parts of the country, it is better to use warm water; and, in other season, in those parts and in all season in other parts, cold water may be used for the purpose. Bathing with cold water is more refreshing and invigorating than by warm water, and the prejudice against it should be kept aside in a hot country like this, as there is a great difference of temperature between the ordinary well or river water of India and England, even in the summer season. The water of the former will be comparatively much hotter than that of the latter. If in any particular case, a child dislikes or gets indisposed by a cold bath, a warm bath should be given him. After the 5th year children should be sent, as already said, to some

hill, where they should be reared in the same way as if they were in their own native country, with the only precaution that their food may not be pure English or too English. The food must be Anglo-Indian, that is, they should take a mixture of both English and Indian dishes, as has already been recommended in the first chapter.

CHAPTER VI.

The most prevalent Indian Diseases with which European children get attacked.

SECTION I.

DENTITION.

DENTITION is a natural process and occasions little or no trouble in healthy children kept under good management. It occurs twice, once in infancy, and then again in childhood. The first set is of a temporary nature, and falls down to give place to the latter set, which is permanent.

“Children cut their teeth very irregularly, but usually, at the age of seven months, the two central incisors below make their appearance. A month later the central incisors above come through. At nine months the two lateral incisors below, soon followed by those above, appear. At twelve months the two anterior molars below, and two above, show themselves. At from fourteen to twenty months, the canines come through, and at two or two-and-a-half years the posterior molars below and above appear, and complete the first dentition—twenty teeth—called the temporary set. The permanent set put in appearance about the age of six, and are completed by the 13th year, except the wisdom teeth, which are cut between the 17th and 21st year.” (Johnson.)

Although dentition is a natural process, still in weak, strumous, rickety and unmanaged children, it occasions many troubles, such as vomiting, purging, feverishness, irritation, cutaneous eruptions, convulsions, &c.

It even sometimes results in fatality, but all the troubles which a child gets during the teething time, are not actually owing to it, as is popularly considered. Other circumstances should be taken into consideration to make out whether the case is of dentition or something else. The

following medicines may be used for the troubles of dentition according to their indications :—

Aconite.—Feverishness, restlessness. The child cries, whines and frets all the time, great thirst with green watery diarrhœa, or constipation.

Apis Mel.—Red spots on the body, sleep disturbed, urine scanty, green yellowish watery diarrhœa, worse in the morning.

Belladonna.—The child moans, jumps and gets frightened during sleep, gums swollen and inflamed, with face and eyes red, pupils dilated and hot head, convulsions.

Borax.—Aphthæ in mouth causing the child to cry out when nursing, too nervous and fretful, starts and jumps at least noise.

Bryonia.—Stools hard, dry, burnt; thirst for large quantity of water. The food is soon thrown out as soon as it is taken. Child very irritable.

Calcaria Carb.—Large head with open fontanels. Child peevish and fretful. Vomiting milk in thick curds. Diarrhœa of green watery stools, child scrofulous.

Chamomilla.—Child very nervous, frets and starts during sleep. Very cross, wants to be caressed all the time. One cheek red and the other pale. Yellow or green watery stools, smelling like bad eggs.

Coffea.—The child is very irritable and sleepless. It frets and cries in a pitiful manner, feverish and exhausted.

Ferrum.—Slow dentition with obstinate diarrhœa. Vomiting of food, soon after taking. Exhausting sweats.

Hyoscymus.—The child always puts his fingers in the mouth, green stools, itching convulsion followed by sound sleep.

Ipecacuanha.—Constant nausea with vomiting. Watery discharge of fermented or green colored stools. Catarrh with suffocative coughs and rattling mucous in the chest.

Kreosote.—Teething very painful, gums swollen, and black in appearance. Constipation, hard dry stool.

Mercurious.—Redness of gums with copious salivation. Diarrhœa with greenish, slimy or bloody stools. Yellow, strong-smelling urine, profuse perspiration especially during night.

Nux Vomica.—Constipation with large hard stools, child very irritable and cross. Loss of appetite with increase of thirst. Especially suited to children whose mothers indulge in too much spiced food.

Silicia.—Scrofulous children with large head and open fontanels, sour smelling perspiration on forehead, constipation, the stool recedes after having been partially expelled.

Sulphur.—Open fontanels, stitching pains, eruptions of skin with pale or sallow face. Diarrhœa, whitish greenish or bloody; excoriating the anus. Frequent vomiting of food.

SECTION II.

DIARRHŒA.

DIARRHŒA is a more frequent disease of infancy than of childhood. It is generally caused by errors in diet, teething, chill, inhalation of polluted air, worms, &c. A more frequent cause is mistake on the part of mother in taking too hot, laxative and heterogeneous food while suckling the child.

Treatment.—The following medicines may be given according to their indications:—

Aloes.—Stools yellow, copious and watery, loud gurgling in the belly as if water running out of a bottle, worse after taking food.

Antim Crude.—Tongue white-coated, discharge of watery profuse stools, accompanied with vomiting, bilious or slimy mucus.

Arsenicum.—Stools brown, black, watery, or thick dark green mucus. Involuntary stools with great thirst and restlessness.

Benzoic Acid.—Profuse diarrhœa of watery or light coloured, very offensive stool. Dark coloured urine.

Bryonia.—Diarrhœa in hot season. Nausea and fainting. Thirst for large quantities of water.

Calcarea Carb.—Defective assimilation. Regurgitation of food. Diarrhœa in scrofulous children. Stool whitish or watery, feet cold and damp, sweat on forehead.

Chamomilla.—Diarrhœa with colic, stools hot, green watery and corroding; very impatient. One cheek red and the other pale, worse at night.

China.—Stools painless, undigested. Diarrhœa of watery, whitish, yellowish or of blackish stool. Great weakness, flatulence with emissions of wind. Aggravation at night.

Colocynthis.—Diarrhœa with severe colic. The child bends double on account of pain. Stools saffron-yellow, frothy, thin, slimy or watery. Aggravates after taking food.

Gelsimum.—Diarrhœa caused by sudden fright, dark yellow or tea-coloured stools. Child likes to remain quite.

Hepar Sulph.—Painless chronic diarrhœa, stools light yellow, slimy, green or undigested, after the abuse of mercury.

Ipecacuanha.—Stools grass-green mucus. Flatulent colic.

Magnesia Carb.—Stools like scum of frogpond or green slimy and watery. Pain in the abdomen.

Mercurious Sol.—Stools bloody or dark green frothy. Aphthæ with good deal of salivation, sour smelling night sweats, particularly in the head. Violent thirst.

Phosphorus.—Chronic painless diarrhœa, stools undigested, watery with little white flakes, paralysis of sphincter-ani.

Podophyllum.—Profuse watery stools, loud gurgling in the bowels. Also discharge of bilious offensive stools.

Pulsatilla.—Very changeable stools. Rumbling in the bowels with pain and flatulence. Diarrhœa worse at night. Stools greenish, yellowish like bile. Nausea.

Sulphur.—Early morning diarrhœa, stools changing, yellow, brown, green and undigested. Heat on the top of the head. After suppressed eruption.

SECTION III.

CONSTIPATION.

CONSTIPATION consists in the impaction of the fæcal matter within the rectum. Children always get it owing to the use of improper food by themselves or by their mothers if they are under nursing. Both nurses and mothers are fond of administering purgatives, which are generally harmful. Constipation is easily curable by simple medicines. Purgatives can be given only in very acute cases, and under medical advice.

The best medicines for curing costiveness, are *Sulphur* and *Nux Vomica* in the 30th dilution. They should be given in alternation every two hours in urgent cases. In ordinary cases it should be given only twice. That is, *Sulphur* in the morning and *Nux Vomica* in the evening. Next to them the following are good medicines:—*Æsculus Hip.*, *Graphites*, *Hydrastis Can.*, *Plumbum Met* *Silicia*, and *Zincum Met*.

As regards purgatives for children, the safe purgatives are Manna and Castor Oil. Manna may be given 5 grains mixed with an ounce of milk to be repeated every 3 hours, until the desired effect is produced. The dose of Castor Oil is from 20 to 30 drops for a child below one year and from 30 to 60 drops above one year, up to 5 or 6 years of age.

SECTION IV.

WASTING.

EUROPEAN children are more apt to get this disease in India owing to heat and malaria. In it the assimilative powers are defective; and bad, dirty and insoluble foods go to assist the chief causes, that is, heat and malaria. The child loses flesh day by day, he becomes withered, and presents the appearance of a little old man.

There is no fever, but the skin, if felt, will be found little hot, later, night sweats occur accompanied by *Hectic fever*. He grows weak, peevish and fretful. Undigested stools first pass off, which changes into diarrhœa. In the end Dropsy supervenes, which makes an end of the poor little sufferer. This is more frequent in the children of poor class Europeans, such as soldiers.

Treatment.

Arsenicum.—General emaciation with feverish heat and great thirst. Painful undigested stool, also watery stool, great prostration and coldness of extremities.

Baryta Carb.—Scrofulous children with swelling of glands, emaciation with swollen abdomen and constant desire to sleep.

Calcaria Carb.—Defective assimilation, general emaciation with good appetite. Diarrhœa of clay coloured stools. Much sweat on the fore-head. Cold damp feet.

China.—Discharge of undigested stools with night sweats, debility and exhaustion. Face pale and sickly. Body emaciated, and abdomen distended with wind.

Mercurious.—Body emaciated, with pale earthy colour of the face, stools slimy or bloody. Profuse night sweats.

Phosphorus.—Sunken eyes with blue circles under it. Dry hacking cough. Discharge of undigested, white watery stools. Children of slender form.

Pulsatilla.—Diarrhœa of different kinds of stools, worse towards evening, better in open air. General emaciation.

Sulphur.—The child frequently awakens from sleep with a scream, voracious appetite but faulty digestion and assimilation. Profuse perspiration in the morning, unhealthy skin.

Arsenicum, *Baryta Carb.* and *Calcaria Carb.* are the most useful of all.

SECTION V.

THRUSH.

It is a disease of early infancy caused by the use of sour milk and indigestible food; and occurs generally in those who are brought up by hand. It consists in the production of small vesicles inside the mouth, on tongue, lips, cheeks and gums, which discharge whitish mucus, like pieces of curd. The whitish patches, which are of vegetable parasitic growth, remains adhering for some days and then falls off leaving small ulcers. There is almost always diarrhœa present with it.

Treatment.—A little *Borax* mixed with glycerine or honey may be applied locally which will, in most cases, effect a cure. But if they fail, or the relief be not permanent, then the following medicines may be given internally according to their indications:—

Arsenicum.—Mouth inflamed and reddish blue with fætid smell coming from it, green watery stools, with great weakness.

Borax.—The child often leaves the nipple, and cries as if in pain. Blisters on tongue and inside of cheek, mucus membrane shrivelled.

Mercurious.—Profuse secretion, accompanying the thrush. Tongue and gums bleed and ulcerate, also swollen. Dysenteric diarrhœa with pain.

Nitric Acid.—Mouth full of fetid ulcers with foul smelling breath. Salivation of corrosive nature causing new ulcers to break out in the mouth, gums bleeding.

Sulphur.—Bloches in the mouth. Acrid slimy or greenish watery stools, much white mucus coating on the tongue.

Sulphuric Acid.—Apthous vesicles on inner side of cheeks; the mouth is very painful, profuse salivation. Diarrhœa with much weakness, night sweats.

SECTION VI.

COLD OR CATARRH.

CHILDREN are generally caught with cold or catarrh in the winter and rainy seasons. It is also occasioned by the use of food having cooling properties, by the mother or wet-nurse. There is running of water from the nose and eyes, pain in the head, thirst, and feverishness.

Treatment.—*Camphor** may be given in drop doses every 3 or 4 hours on a little sugar. In majority of cases, it will effect a cure. The following medicines may be tried, if Camphor fails.

Aconite.—In the first stage, with chilliness and feverishness. Short dry cough, cold from dry cold winds.

Allium Cepa.—Cold with profuse discharge of water from the eyes. Burning discharge from the nose with sneezing, severe coughing.

Ammon Carb.—Chilliness with watering of the eyes and nose. Dry coryza and nightly cough.

Arsenicum.—Cold with great thirst, sneezing with fluent watery discharge from the nose. Burning watery discharge from the eyes.

* NOTE.—Wherever Camphor is prescribed, Rubinis Spirit of Camphor should be understood.

Bryonia.—Cold, accompanied with head-ache and constipation. Lips dry, parched, accompanied with thirst.

Chamomilla.—Fluent acrid discharge from the nose, one cheek red, the other pale. Child likes to be carried all the time.

Dulcamara.—When caused by exposure to rain or cold wind.

Euphrasia.—Great flow of acrid tears, eyelids ulcerated.

Kali. Bich.—Cold, cough with expectoration of tough phlegm, coryza with loss of smell.

Mercurious.—Profuse watering and burning of the eyes. Frequent sneezing with coryza of the eyes. Pain in the jaws.

Sambucus.—Coryza of the nose with discharge of thick tenacious mucus. Sudden starting from sleep with a feeling of suffocation. Child cannot breath through the nose.

Sulphur.—Cold, with discharge of clear water from the nose. Loss of taste and smell, chilliness and coldness of extremities, morning diarrhoea.

SECTION VII.

CROUP.

It is a dangerous disease, affecting children between the first and fifth year of their age. It consists in the inflammation of the throat, and exudation of a peculiar matter which forms into a false membrane and sticks to the throat. It prevails much in the Punjab during the winter season. It has the following symptoms:—A premonitory feverish catarrh occurs first, which is accompanied by hoarseness; the face becomes red and inflamed, the inspiration low and crowing, and the cough brassy and ringing. As the disease advances, the fever increases and the cough becomes husky. The child suffers with great irritability and restlessness; he often thrusts his finger

into his throat to remove the obstruction, tosses his hands and feet, springs up in bed, or convulsingly grasp the side of his crib. The disease usually lasts for five days. In favorable cases, the crowing inspiration ceases, the cough becomes moister and is accompanied with the expectoration of the false membrane. In fatal cases, the breathing becomes more and more laboured, the face pale and livid; cold clammy perspiration occurs and drowsiness supervenes, which deepens into coma, and ends in death.

Treatment.—The treatment of such a dangerous malady should better be left in the hands of professional men. In case of the absence of such aid, the following treatment should be followed :—

Aconite and *Spongia* are the most important medicines in this malady; they should be given alternately every fifteen or thirty minutes according to the severity of the case. *Aconite* is a medicine which will be of much use whether given in alternation with *Spongia*. Besides *Aconite* and *Spongia*, the following are the medicines worth mentioning :—*Iodine*, *Bromine* and *Kali Bich.* They are all very useful in membranaceous croup. *Bryonia* and *Phosphorus* have also proved to be useful in some cases.

Accessory Treatment.—Warm foot bath often produces salutary effect; the feet of the child should be emersed in warm water and should be well rubbed by hands, from knees downward to the fingers; the process should be continued from 10 to 15 minutes, adding warm water if necessary. Cloth wrung out of hot water should be applied now and then to the throat. Nothing but pure water is only advisable during the attack, but if the patient be able to take milk-and-water, it can be given. Milk, soup and gruel may be given during recovery. Solid or irritating food should on no account be given until thorough recovery is effected.

SECTION VIII.

WHOOPIING COUGH.

IT is a contagious disease which generally attacks infants and children, but never attacks the same child again. Its usual duration is about five weeks, but it can be cut short in a few days by good treatment. It commences in the beginning as an ordinary cough, when after a few days the paroxysm occurs which is of expiratory efforts and cough without intervening inspiration. The little sufferer feels as if suffocated, and his face turns black; but this dreadful state does not last long, when a crowing sound is heard which is called "*Whoop*" which means that the child has been able to take a long drawn inspiration and the paroxysm is at an end with the vomiting or expectorating of large quantity of ropy glairy mucus. The paroxysm occurs three or four times during twenty-four hours; but there are many fits of coughing without them. The malady, though very troublesome, is not dangerous unless it produces some other chest affection. Its contagiousness lasts about a week after its cure.

Treatment.—*Aconite* and *Ipecacuanha* are the medicines with which the treatment of the disease should be commenced; they should be given in alternation to each other. *Drosera* should be substituted in the spasmodic stage; but no sooner the spasm disappear, it should be stopped, and if there be cough remaining, the formers, *i. e.*, *Aconite* and *Ipecacuanha* should be resumed. The disease will generally succumb under this treatment. Besides these, the following medicines are also worth mentioning:—*Corallium-Rub*, *Belladonna* and *Pulsatila* in the cattarrhal stage; and *Chelidonium*, *Cuprum Met*, *China*, *Cactus*, and *Coculus* in the spasmodic stage. In pulmonary congestion as a complication of Whooping Cough, *Aconite* and *Phosphorus* are of great service.

This disease is not so much prevalent in India as it is in European countries, nor is it so severe here. Under good management and treatment, hardly any complication will arise, which is generally bad. If not well managed, the disease is prone to linger for a long time. The child should be well-clothed and shielded from the blast of piercing cold winds. The winter wind of the north-western frontier is bad, and children in those localities should be well-guarded from the blasts.

SECTION IX.

WORMS.

THERE are several kinds of worms which infest the intestine of human beings; children are much prone to its infection. Out of the many kinds of worms, there are four which are generally much found, and these are:—(1) long round worm, (2) tape worm, (3) thread worm, and (4) pin worm. The first one is often too long, of several yards; while the others are species of smaller sizes. The presence of worms is usually attended with an unhealthy state of the intestines, in which large quantities of tenacious mucus matter are secreted, which favor the propagation of the worms, and interfere with the natural performance of the functions of the intestine. The tongue becomes coated with fur, and there is itching at the nose and anus. Children are often troubled with nausea, vomiting and diarrhœa. The best proof of the existence of worms is their presence in the stools either in full or parts. Worms and their eggs are generally found on the leaves of vegetable and on fruits, and when they are taken raw, without having taken the precaution of thoroughly cleansing and washing them, they generally are taken inside, where they stick themselves in the walls of

the intestine. They generally travel from one body to another, when two children are sleeping on the same bed.

TREATMENT.

Cina.—Constant boring at the nose, abdomen hard and distended, especially useful in pin worms.

For tape worms :—*Felix Mas*, *Mercurious Cor.*, *Stannum Met* and *Cuprum Acet* are useful medicines.

For long round worms :—*Cina*, *Tucrium*, *Cicuta*, *Spigelia* and *China*, are good.

Santonine, in five-grain doses, is also useful in expelling these troublesome parasites of the intestine. It should be given in the night, to be followed by a purgative dose of castor oil in the morning. The treatment should be repeated once or twice according to the necessity of the case in the following weeks.

Children are very fond of climbing on trees, plucking and eating all kinds of fruits, whether ripe or unripe. They should be guarded from using unripe fruits, or even ripe, without being thoroughly cleansed and washed.

SECTION X.

TETANUS—LOCKJAW.

It is a disease which arises on account of the irritated state of the spinal-chord or medula oblongata. It is the most fatal of the infantile diseases. It is caused by heat, cold or chill, non-ventilation, filthiness, use of hetrogenous food by the mother or wet nurse, and purgatives. European children are less liable to the attack of this disease than the Indians, owing to cleanliness, &c., still when it once gets hold of an infant, whether European or Indian, it is very difficult to cure. It is a disease of early infancy, often attacking within the fifteenth day from the

birth, seldom after that. The following symptoms are observed : There is a feeling of pain in the epigastric region in the beginning, which is succeeded by stiffness of throat and fixedness of the jaws with difficulty of swallowing,—this is termed lock-jaw. There is some hope of recovery up to this stage, but when it proceeds further, it is almost a hopeless case. Further on continuous spasms occur in the neck, back, and loins, which cause the body to assume the form of a bow. The skin becomes hot, and the patient suffers with thirst, sleeplessness and constipation. Death results, both on account of exhaustion caused by the spasms and starvation as the child becomes unable to draw milk. No time should be lost in getting medical aid in such a dangerous disease.

Treatment.—*Aconite*, *Belladonna*, *Strychnia*, and *Hydrocyanic Acid* are the most important medicines in this disease. They should be given in Homœopathic form, and dose not below the third potency. *Strychnia* and *Hydrocyanic acid* be better given of the twelfth potency. Application of ice to the spine also gives much relief.

SECTION XI.

CONVULSION.

IT is a nervous disease caused by cerebral irritation, which in its turn is caused by teething, indigestion on account of bad milk, insufficient supply of blood to the brain, retrocession of some eruption and worms. Convulsion is also caused by hereditary constitutional taint in the family.

Symptoms.—Convulsion may be slight, consisting of mere twitching of the muscle of the face with some difficulty of breathing and a little rolling of the eyes, or it may be severe

when the muscle of head, neck and extremities frightfully convulse; the face becomes congested, the eyes insensible to light, the lips livid, and the mouth frothy. The hands become clenched with the thumb inside and the fingers on them, the legs turn together with the great toes bent towards the soles, and the poor little sufferer becomes quite unconscious. This state lasts for a minute or two, when the child comes to consciousness, but again to be tormented in the same way after a short interval.

Treatment.—The following medicines should be given according to their indications at every five or ten minutes :—

Belladonna.—Flushed face with heat in head, with or without red eyes. Convulsive distortion of eyes, mouth and muscles of the face.

Chamomilla.—Convulsion of hands and feet, one cheek red and the other pale, children cross and fretful, especially during teething, with green watery evacuations.

China.—Convulsion when caused by worms, with constant picking and boring at the nose.

Cuprum Met.—Convulsion when caused by the retrocession of some eruption. The child screams fearfully, turns and twists on the bed in convulsions.

Hyoscymus.—Convulsion with distortion of eye-ball and foam at mouth. Cough.

Opium.—Loud screaming before or during the spasm. Convulsion from fright.

Zincum.—The child screams out during sleep, as if frightened, rolls on the bed. Twitching and jerking of the muscle, frequent urination.

Accessory Treatment.—The infant should be put on the bed with all the clothing taken out. He should be gently fanned from afar. Dipping the infant in a tub of water of 98°F. produces sometimes instantaneous relief. After the

convulsion is over, the same medicine should be repeated for a day or two more at longer intervals, say, every two or three hours. Afterwards care should be taken to remove the original cause of the malady, if there be still existing.

SECTION XII.

OPHTHALMIA OR INFLAMMATION OF EYE.

INFLAMMATION of eyes are of four kinds according to their degree and nature. They are simple, cattarhal, purulent and gonorrhœal. Cattarhal and purulent are more common among infants and children. There is redness and watering of the eyes with severe pain, burning, feeling of sand in the eye with discharge of watery or purulent matter. The troubles are more or less according to the degree of inflammation. The eye-lids sometime swell, and it becomes difficult to open the eyes; in very severe cases the pupils get destroyed, which result in permanent blindness. The cause of this disease is generally exposure to rain or cold piercing winds.

Simple Ophthalmia is characterized by little heat and itching sensation in the eye-lids. Catarrhal, the severer form is characterized by great redness, burning pain and flowing of hot watery discharge from the eyes. Purulent Ophthalmia, which is of the severest nature, is characterized by great inflammation when the eye-ball becomes almost hidden, with a flow of purulent matter from the eyes. The Gonorrhœal one is caused by the touch of gonorrhœal virus to the eyes, and in its nature it is just like other Ophthalmia, it is very rarely met in infants, only when the mother be suffering with the disease at the time of parturition.

Treatment.—The following medicines to be given according to their indications :—

Aconite.—Simple or Catarrhal Ophthalmia. Intense redness or swelling of the affected parts with acute pain and intolerance of light. Skin dry and hot.

Apis Mel.—Catarrhal Ophthalmia, conjunctiva red with burning, stinging and shooting pains with profuse scalding tears, fear of light, eyes filled with mucus, useful in all sorts of Ophthalmia.

Arsenicum.—Conjunctiva inflamed, too dark-redness with fire-like burning pains in the eye-lid, swollen ulcers on cornea, agglutination of the eye-lids, intense thirst and restlessness.

Belladonna.—Inflammation of eyes with great intolerance of light or noise. Great redness of conjunctiva with discharge of hot salty tears, pain extending to head.

Calcaria Carb.—Chronic Ophthalmia in scrofulous children.

Chamomilla.—Eyes glued together in the morning by the discharge of purulent matter.

Euphrasia.—Catarrhal Ophthalmia with great flow of acrid tears accompanied with acute pains in eye-balls.

Graphites.—Purulent Ophthalmia especially of chronic nature, ulcers on cornea, eye-lids inflamed and much painful.

Heper Sulph.—Purulent discharge from the eyes with great inflammation and burning pains.

Pulsatilla.—Discharges watery or purulent, when the disease aggravates in the evening. Agglutination of the eyes.

Rhus Tox.—Purulent discharge, conjunctiva red, lids much inflamed.

Phosphorus.—Chronic and obstinate cases of catarrhal Ophthalmia, sensitiveness to light with sudden attack of blindness.

Spigelia.—Sticking pressing pains in the eyes with congested conjunctiva, upper lids swollen and stiff.

Sulphur.—Itching and burning in the eyes, feeling of sand in the eyes, simple Ophthalmia.

Accessory Treatment.—The patient should be kept in a cool dark and quite place. Two drops of *Argenti Nit* solution prepared with one grain of *Argenti Nit* to one ounce of distilled water may be poured every three or four hours, into the effected eye or eyes. In the majority of cases, if this precaution be taken early, the disease will soon subside without producing the necessity of using the medicines prescribed above. Purulent Ophthalmia is of contagious nature, and so care should be taken not to infect the other eye, if only one is effected, or to infect the eyes of any other child. The eyes should be daily washed with tepid water both morning and evening, and the sticky matter should be slowly removed. The edges of the eye-lids may be painted every night with butter or lard to prevent agglutination. A piece of green cloth cut in the form of a big semi-circle may be worn over the eyes to protect them from the unpleasant action of light.

CHAPTER VII.

General description of the climates of different places in India with their suitability in certain diseases.

It has already been said in the first chapter that owing to the peculiar feature and situation of this country, it has a diversity of climates in its different parts. In this chapter we propose to give in a brief way some description of them, which will be most helpful to Europeans for securing or avoiding such places according to their desire and circumstances; and also taking precaution against diseases, if they happen to be living in unhealthy parts of the country. We will begin with Bengal, that part of the country which has the capital of the country (Calcutta) in it.

Bengal.—It is one of the most unhealthy provinces of India. The eastern and southern parts are too malarious. Behar, which, forms the western part, is not so malarious. Excepting Behar, the climate of the whole of Bengal is of such a nature, which produces a kind of depression in the spirits and energy of its inhabitants. The province is damp and moist, very hot in summer season, but not so cold in winter. Cholera, malarial fevers and dysentery are much prevalent. People are generally anæmiac, the climate has a peculiar action on the liver, both in the state of health and disease. It invariably produces Dyspepsia, Constipation, Diabetes and Piles on account of the derangement of liver. The atmosphere is always loaded with moisture, and some kind of disease producing effluvia. The climate of Behar is similar to Bengal, but comparatively little better. The least unhealthy city in Bengal is Calcutta, and this is owing to artificial sanitary arrangements and improvements. There are some places in Bengal where, if an European or Indian of other parts happen to pass a night or to take a

glass of water from some well or pond, he is sure to get Malarial fever of some sort. Persons suffering with the following diseases should avoid going or staying in Bengal ; Continued fevers, Anæmia, Dyspepsia, Diabetes, Piles, Constipation, Phthisis, Overitis, Amenorrhœa. The foods most suitable to this province are rice, pulse, fishes, succulent vegetables and fruits. Such condiments which stimulate the gastric nerves and liver, such as capsicum, tamarind, lemon-juice, corriander, &c., are useful. The digestive powers in this climate get depressed, and so semi-solid food is more suitable and digestible than strong solid food.

Even fish and doll (pulse) are prepared and taken in semi-solid state ; Behar, the climate of which is a mixture of Bengal and N.-W. Provinces, is a place where more solid food can be taken with advantage. If more solid food be taken, it will simply pass undigested or occasion Diarrhœa. The chief city of Behar is Patna. Although it has not a depressive action on the spirits and energy of man, still it is a very unhealthy city, on account of bad sanitary arrangement ; and is almost a perpetual home for Cholera. Gya, a city of importance in Behar, is also unhealthy ; Constipation and Hydrocele are much prevalent there. Dinapore is healthier than Patna, but Chappra is probably the healthiest place in Behar.

North-West Provinces and Oudh.—North-West Provinces have got one of the best climates in India. The climate of Oudh is similar to them, but a little inferior. These provinces are dry, not moist, and free from malaria. The well waters are pure and sweet, got out of deep wells. The air is pure, unvitiated by any kind of effluvia, except at times they are visited with epidemics, which is of Cholera. The climate has an exhilarating effect on the animal spirits of man ; it stimulates the energies and passions, and has nothing of the depressive action, which is peculiar to Bengal. The digestive

system is strong, and the food suitable to the inhabitants are strong and solid, such as bread, doll, flesh, &c. The inhabitants are strong, energetic and brave. There is nothing in the climate which can produce a disease, and so we do not find any particular disease existant there, which has for its cause the peculiarity of the climate of the place. Semi-solid food of Bengal is not suitable to these provinces, owing to strong digestive powers; satisfaction will not be produced by the use of such food, and the person will be debilitated. Owing to the same reason, condiments are not much necessary there. The provinces are very hot in summer, and also very cold in winter; this is one of the causes of disease, otherwise this part of the country is the best and healthiest in India. It is a very good place to go for a change from other provinces for Europeans in winter season. Persons suffering with Fever, Dyspepsia, Consumption, Diabetes and all diseases in which the digestive and nervous systems are at fault or deranged, should go with advantage for a change into these provinces. Those who cannot afford to go to Europe or to some hill can go to these provinces for a change also in summer; the only suffering they will get there will be of heat. The healthiest cities in these provinces are Allahabad and Agra, where only a stay of a couple of days will convince the debilitated stranger of the healthiness of the climate; next to these is Lucknow, where a good number of Europeans live. Delhi and Cawnpore are not so healthy as the above mentioned cities; the latter of which is thickly crowded. Benares also is not so healthy, rather it is unhealthy owing to bad sanitary arrangements.

Punjab.—It is also one of the healthiest provinces of India. It is drier than Bengal but moister than N.-W. Provinces. The heat in the summer is too much like that of the N.-W. P. and so is winter severe, or rather severer

than that of N.-W. P. The wells are deep, and hence the water is pure. The atmosphere is free from poisonous effluvia. There is no malaria; and cholera only visits after long intervals. The climate is fine and exhilarating. The digestive system does not get depressed, and so strong solid food can be used with advantage. The people there use much bread, doll, flesh, milk, eggs, etc., and are strong, brave and more energetic than the rest of the people of India. On account of the five big rivers, which give name to the province and several rivulets, the soil is fertile and little moist, but the moisture is not of that unhealthy sort which is found in Bengal. The climate of the Punjab has good effect on the color of men; it cleanses and clarifies the complexion to some extent, and so the inhabitants to a great number and to a great degree, are whiter than the people of other provinces. Most of the dangerous diseases prevalent in Bengal are seldom or never met in the Punjab. Diseases which have for their cause cold or chill, are much prevalent in this province, owing to the severity of winter and the occurrence of chill during summer by the sudden pouring of continuous torrent of rain.

Cold, Cough, Bronchitis, Pneumonia, Pleurisy, Phthisis and Rheumatism are much prevalent there during winter and rainy seasons. Persons suffering with any disease of the respiratory system should not reside in this province. Persons suffering with any disease of the digestive organ can go there for a change. Simple continued fever is much prevalent in this province during October. Peshawar and Rawalpindi are the healthiest places in the Punjab. Amritsar and Lahore, the biggest and richest cities in the Punjab, are not so healthy. Phthisis is too much prevalent in them; and cold and coryza, come like epidemic during winter; in other respects they are healthy. Multan, which is on the verge of the Punjab, touching Sindh, has a peculiar climate in

comparison to the other cities of the province. Its soil is drier than that of the other cities of the Punjab. Cold, Cough and Phthisis are not so prevalent, rather they are very little known in this city in comparison to Lahore and Amritsar. The one disease which is most prevalent in it, is the weakness of sight.* Majority of the people are suffering with weak and defective sight, and most of them are quite unaware of this malady on account of its too much prevalence. The cause of this seems to be the use of impure water of well, which is of whitish muddy colour, most probably impregnated with an excessive quantity of calcarious matter.

Sindh.—It is one of the finest of the healthy provinces of India. It is dry being more sandy, drier than even North-West Provinces. Rain seldom falls in this province, especially in the interior; sometimes two or three years elapse before a shower can be expected. The wells are deep, hence the water is pure; the atmosphere is free from malaria or any other poisonous effluvia. Malarial fever and cholera, the ever prevalent disease of Bengal, and Phthisis of the Punjab, are seldom or never met in this part of India. Most of the dangerous diseases of Bengal are never heard of in this place. The climate has a very good effect on the human system. The digestive powers are acute and strong, and so the great majority of people look healthy, plump and strong. Their food is of solid nature, such as rice, bread, flesh, doll, &c., but rice is their staple food. No depressing action of the climate is perceived here as is

*NOTE.—The author had once an occasion of examining the eyes of some sixty persons who, with the exceptions of a few, say, five or six, were all suffering either from weakness of vision or some defect in their eyes. A few only had come to consult, and when all found suffering with weakness of sight, others were taken at random and examined, to see whether the weakness was an universal one with the inhabitants.

in Bengal; on the other hand the climate of certain places in it, such as Karachi, is most exhilarating. It is a place where all kinds of patients can go for a change excepting those suffering with stone in the bladder. Leaving Karachi, the province is very hot in summer and likewise cold in winter. Karachi is the chief town of Sindh; situated on the sea shore; it has an excellent climate. It is neither hot nor cold, and the temperature is almost the same all the year round, which is most agreeable and conducive to health. The climate has a very stimulating action on the various systems and organs of man, especially the digestive and nervous systems. Manora, an islet near Karachi, has an excellent climate. It is not peopled much, as there are only a few persons belonging to the harbour. Persons residing near Karachi, should take the advantage of its fine climate, when in need of a change. Besides its fine climate, patients going for change can have the advantage of taking sea baths, which is also conducive to health in most cases. It is the best place for dyspeptics and persons suffering with nervous or general debility to go for a change, on account of its being almost free from heat; it is a most suitable place for Europeans on the plains. Hyderabad, a city next in importance to Karachi in Sindh, is also a healthy place; but is hot in summer, while the days in Hyderabad are hot, the nights are cool and most pleasant. Shikarpore, another important city of Sindh, is a pleasant place and as healthy as Hyderabad. The malady Calculæ or Stone in the bladder is much prevalent in Hyderabad, the apparent reason of which is that the people are careless enough in taking sand mixed up with their food.

Cutch.—It is a small place below Sindh on the sea side. It is one of the unhealthiest places of India, being as malarious as Bengal. Cholera now and then also breaks out

there, but not so often as in Bengal, nor of that virulent type. The wells are shallow and the water saltish.

Gujrat.—This province is just below Cutch and forms the north-east part of Bombay Presidency. It is a healthy province, but not so much as North-West Provinces, Punjab or Sindh. It is hot in summer, but not much, and in winter also it is very little cold. The extremes of temperature which is experienced during summer and winter seasons in Northern India is not found here. There is scarcity of water in the wells, at some places, such as Ahmedabad, where people collect rain water in *pucca* built vaults underneath their houses. Such waters are kept clean, and so are fit for use. The water of the wells is not pure and good. Malarial fevers and Cholera often visit it coming from Cutch. The climate is neither depressing nor exhilarating. Rice and wheat are both used in this province; solid and semi-solid food are both suitable in it. The soil is good and productive, but wheat and other cereals produced there are neither tasteful nor well developed. People do not look so healthy, nor have they anæmiac or haggardly look. The climate of Ahmedabad, the chief town of Gujrat, has a peculiar action on the urinary and respiratory systems. It produces profuse urination, and so it might be useful for persons suffering with Bright's disease. Its salutary effect has been repeatedly seen in persons suffering with acute or chronic bronchitis, cough with hectic fevers, &c., when sent to that place for a change. Surat, Broach and Baroda are the other big towns of Gujrat. They are similar to Ahmedabad in point of healthiness.

Mahratta Province.—Under this are included the central and southern parts of Bombay Presidency, inhabited by people speaking the Mahratta dialect. This part of the country is healthier than Gujrat. Leaving the sea-shores

in the interior, the wells are deep and so the water pure. It is not malarious, but at times it is visited by malarial fevers. Bombay, the chief city of the Presidency of that name, is on the sea-shore, and hence not so healthy as Poona and other cities in the interior. Poona has an excellent climate; it is not hot in summer nor it is much cold in winter, being on an elevation of about 1,800 feet above the sea level. It is one of the most healthy cities of India. The diet in this part consists of rice, wheat, vegetables, &c. Too solid or too light food is not suitable here, a mixture of both is suitable. Malaria is sometimes found near the sea-shores.

Rajputana.—It is a semi-desert place; most parts of it are quite sandy and barren, but at places where sand is mixed with earth, vegetation is found to exist to some extent. It is very hot in summer and so also cold in winter and is not a healthy place, although almost free from poisonous effluvia. There is scarcity of water in this province, and what is found from wells is not sweet but more or less salty. The people do not look so healthy, and the food-stuffs grown and produced there are of coarser kind and poorer quality. The troublesome affection—guinea worm—is much prevalent in this part of India. Ajmere is the healthiest city in Rajputana, though much unhealthy if compared with the cities of the Punjab, North-Western Provinces and Sindh. Jeypore, the most beautiful city of India, in Rajputana, is next to Ajmere in point of healthiness. Alwar, a small place in it, is very dry, and will prove to be a good place of resort for persons suffering with chronic Diarrhœa or inveterate Catarrh. The climate is neither depressive nor exhilarating. The province has no natural scenery to show except a little, which is to be seen at Odeypore. Condiments are much used by the people especially capsicum; and it seems that these are really

necessary there. Opium is much in use here being prevalent owing to the foolish notions of the people and customs of the province, but is not a thing necessarily required.

Malabar Province.—It is also a healthy province of India, although malarious at certain parts, such as Cochin. It forms the south-western part of India. It is a hot place, but the intensity of heat is very much lessened by the continuous pouring of rain in the summer weather, owing to the prevalence of south-west monsoon. It is a place where nature has been most lavishly displayed both in its animate and inanimate form. Here and there, all over the province, hillocks, hills, and mountain ranges are rising in peculiar gradation, with exquisite vegetation on them; the continuity of which are at places broken by slow or swift running rivulets and waterfalls. The most beautiful natural scenery is to be viewed in this part of the country, which has a very salutary effect on the inhabitants of the place. Although the food suitable to the country is not of the sort, richer in nitrogen, but still the digestive powers are strong here. Rice is the staple food here, bread is almost unknown, and flesh is seldom used by some. Watery preparation of pulse, vegetables, and other eatables are much used by the people, and are suitable to the climate of the place. Too much of solid food, either in the form of bread, thick pulse or flesh, will be in all probability not so digestible. The country is not cold in winter; all the year round it is hot, to a more or less extent. Sour things are much used, but it does not seem necessary on account of the climate. Trichur is a most healthy place in this province, and has a fine scenery all around it. It is a good place for a change in the south for persons suffering with Dyspepsia, Liver complaints, and Chronic Bronchitis. Most of the fatal diseases are seldom met here. Diabetes is somewhat more prevalent

in the province, and malarial fever and dysentery at some malarial places, such as Cochin. Although the wells are not deep, still the water is good (though not quite pure), as the strata of earth is non-porous and rocky. The practice of keeping pits within the compound of the house, is prevalent still owing to the imporous state of the earth. Typhoid fever is hardly met.

Tamil Province.—It is that part of Madras Presidency which forms its south-eastern part, and the language spoken by the people there, is *Tamil*. In general, the climate is healthy excepting certain places, such as Trichinopoly and Tanjore, where cholera sometimes breaks fearfully. Trichinopoly is the unhealthiest district in this province where the digestive organs become weak and deranged, especially in strangers. The country is hot all the year round, and the heat in the summer season is simply unbearable, except on some places on the sea-shore, where it is not so fearfully hot. Rain commences with the south-east monsoon. Places in the interior are more healthy than those on the shore. The water of wells and ponds on the sea-shore are impure and unhealthy, the use of which often produces elephantiasis. Diabetes is also prevalent to some extent. Malaria is generally not found except at some places. The food of the people consists of light and watery kind. Solid food, such as bread, flesh, pulse is not much digestible. Rice, watery preparation of pulse, and vegetables are easily digestible. Tamarind is much used, and seems to be as much necessary there as salt; it prevents the occurrence of congestion of liver, and which invariably occur, if it is not taken. Madras is the healthiest of all the sea-shore places in this province. Pondicherry, which is a most neat and clean small town, is unhealthy. Coimbatore and Conjeevaram in the interior are very

healthy places. Cape Comorin is also a very healthy place, where one can go for a change in winter, or for taking sea-baths. Although this part of the country is a very hot one, and not so healthy as Sindh, N.-W. Provinces and the Punjab, still it is more suitable to the Europeans owing to two reasons, one that there are not many fatal diseases prevalent, and the other that there is not much variation of seasons, which is a most fruitful cause of producing unhealthiness and death.

Canarese Province.—Mysore and some of the adjoining districts form this province, where the people speak Canarese-dialect. The climate of the province is not so good as that of Tamil, though it is not so hot as the latter. Diabetes and diseases of liver are more prevalent in it. Malaria is also much prevalent at some places, such as Seringapatam. In other respects, the climate of this place is similar, but inferior to that of Tamil, provinces. On the whole, it can not be classed as a healthy province of India. The food used by the people is almost of the same kind; tamarind and other acidulous preparations are much in use, and are necessary. Bangalore, the chief city in it, though not hot, is unhealthy owing to great variations of temperature between day and night. More than ninety per cent. there suffer with congestion of liver, and hundreds die owing to consumption and diabetes. The city of Mysore is worse than Bangalore. A small place called French Rocks is considered to be the healthiest place in Mysore province. There is scarcity of water both at Bangalore and Mysore, but more at the former. Fruits of delicious kinds are found in abundance at Bangalore. On account of cheap living and cool climate, Bangalore is much liked by Europeans, where thousands of them are living; but in reality, the place is unhealthy and not worth sojourning for Europeans.

Telugu Province.—It is the northern part of Madras Presidency, stretching from a little above Madras to Orissa, and where the people speak Telugu dialect. It is much healthier than the other parts of Madras Presidency and also not so hot as the Tamil province. The food suitable to it is similar to that of other parts of Madras Presidency. Waltair, a place near Vizagapatam, is the healthiest place in it. Fatal diseases are very little prevalent except the trouble and diseases caused by heat. The people are more fine and healthy than those of the southern part. Rajamundry is a good and healthy place.

Orissa.—It is not a healthy place, and its climate is more inclined towards Bengal than that of Telugu province. Rice is the staple food. The province at places is malarious. Cholera often breaks out in it, and Juggernath or Puri, a sacred place of the Hindus, is a most unhealthy place; it is made so on account of the gathering of immense number of pilgrims. Cuttack, its chief town, is better than other places in it.

Central Provinces.—Its climate is an amalgamation of N.-W. Provinces and Mahratta Province. It is too hot in summer and too cold in winter. It can be classed as a healthy province, though not so healthy as Sindh, the Punjab, N.-W. Provinces, Malabar or Telugu Province. The food suitable to the country is solid, of nitrogenous kind. Jubbulpore and Nagpur are good places in it.

Cashmere.—It has already been noticed in the first chapter, and so also the Hill stations of India, though in a cursory way. With little difference they have almost the same kind of climate as is found in Europe. Among the Hill sanitariums, the best is that of Ootacamund in Madras Presidency, and next to it, Punchmarree in Central Provinces. Simla, Dalhousie, Naini Tal, Abu, and others stand after them.

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MOST USEFUL DOMESTIC BOOKS.**NEW BOOK I NEW BOOK II**

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BY

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AUTHOR OF "YOUNG MEN'S GUIDE AND MEDICAL COMPANION."

"A POPULAR TREATISE ON DISPEPSIA AND CONSTIPATION," ETC.

THIS is a book on domestic medicine, specially suitable to this country, written by Dr. Gangadin of Dinapore (late of Amritsar, Punjab), whose high abilities and great attainments in Medical Science are too well known and recognized than for us to state here. His universal fame in India as a thorough Medical writer and a practical Physician and Surgeon, are enough to recommend this work to the appreciation of the people, than our writing any thing about it. However, we beg to assure the readers of this Notice that the book is the best of its sort in the English language, whether written by an Indian, Englishman or an American. It contains almost all Medical informations required by the people, and is replete with useful instructions. To give a superficial idea of what it contains, we quote some paragraphs from the Introductory Chapter of the Book.

"This book has been written not only with the object of giving knowledge on the treatment of diseases, but also with the object of imparting such knowledge, by which people may be able to avoid diseases, acquire and preserve sound health, and attain longevity.

"It is divided into Five Parts. Part I., which is on Physiology, treats of the structure and functions of the human body, a knowledge imperatively necessary for the preservation of health and the prevention and cure of diseases. Only the general features and the most important functions have been described, as so much only is necessary for lay readers, and not

the detailed ones, as that will be simply unintelligible, and so useless to them. Part I. is sub-divided into Four Chapters. The First Chapter is on General Anatomy and Physiology of the human system; the Second, on Alimentation or the conversion of food into blood; the Third, on Respiration and Circulation, and the Fourth on Sensory Organs.

"Part II is on Hygiene, which is also sub-divided into Four Chapters, *viz.*, Food, Water, Air and Hygienic Observances. Under the Chapter on Food, almost all the eatables which the human being consumes, are generally described with their advantages and disadvantages upon the human constitution. The Chapter on Food has got the following Sections:—(1) General description and classification of Food; (2) Salt; (3) Condiments; (4) Sauces and Pickles; (5) Tea; (6) Coffee; (7) Cocoa; (8) Cocoanut Water; (9) Tobacco; (10) Pan; (11) Ganja, &c.; (12) Aerated Waters; and (13) Alcoholic Drinks. Chapter II., which is on Water, describes what water is, its purity and impurity, the diseases which come on owing to the use of impure water, and how to avoid them. Chapter III., which is on Air, describes what air is, how it is vitiated, how much essential it is for the health to get pure fresh air, with the mode of getting that, and the way of purifying deteriorated air. Chapter IV., which is on Hygienic Observances, treats of the usages of, and dealings with the various things, with which human beings come in contact and the various actions requisite for the maintenance of good health. It has the following Sections:—(1) Sun-light; (2) Dwellings; (3) Different kinds of Bathing; (4) Clothing; (5) Exercise; and (6) Disinfectants.

"Part III. is on Food. In the Chapter on Food in Part II, food there is superficially described with its classification, but in this Part it is described *in extenso* with the various properties of its various classifications. It is sub-divided into seven Chapters. Chapter I., which is on general description of different kinds of food, treats of the various kinds of food, their physiological classification and chemical composition, with their comparative nutrient properties upon the human constitution; such as, grains, fruits, vegetables, flesh, milk and eggs of diverse kinds. Besides this, it tells about the quantities of different kinds of food, which a man should take in twenty-four hours for the healthy maintenance of his body. Lastly, it gives a list of almost all eatables with the proportion of different nutrient matter contained in them and also the period of time required for their digestion, with a general hint for choosing meals of different hours, both for vegetarians and non-vegetarians. Chapter II.,

treats of food requisite for lean persons to become stout and plump. Chapter III. treats of food necessary for corpulent persons to become lean. Chapter IV. treats of food for gaining nervo-muscular power. Chapter V. treats of food for increasing memory and sharpening intellect. Chapter VI. is on the different kinds of food for invalids, with the method of preparing them, and Chapter VII, or the last, is on cooking flesh and vegetable.

"Part IV. which is on the treatment of diseases, is sub-divided into three Chapters. Chapter I. contains the general remarks on diseases and their treatment, with their various causes of origination. Chapter II. treats how to diagnose diseases, and has the following sections under it, *viz.*, (1) Pulse; (2) Heart and Lungs; (3) Temperature of body; (4) Tongue; (5) Urine and (6) Pain. Chapter III., which is by far the largest in the book, treats of diseases, medical and surgical, with their definition, feature, symptoms and treatment, both medical and accessory. This Chapter has the following sections under it :—

CHAPTER III.

General Diseases :—Typhus Fever—Typhoid Fever—Relapsing Fever—Intermittent Fever—Remittent Fever—Yellow Fever—Dengue Fever—Simple Continued Fever—Small Pox—Vaccinia or Cow Pox—Vericella or Chicken Pox—Scarlet Fever or Scarlatina—Measles—Chronic Fever—Dropsy—Syphilis—Rheumatism—Gout—Scurvy—Purpura—Anæmia—Chlorosis—Rickets—Erysipelas—Cholera, Asiatic or Malignant—Cancer—Scrofula—Atrophy—Leprosy.

Diseases of the Respiratory Organs :—Catarrh—Laryngitis—Diphtheria—Croup—Laryngismus—Stridus—Hooping Cough—Influenza—Bronchitis Acute—Bronchitis Chronic—Asthma—Pneumonia—Pleurisy—Phthisis—Hæmoptysis.

Diseases of the Circulatory System :—Heart diseases—Angina Pectoris—Fainting Fits—Palpitation of the Heart—Aneurism—Phlebitis—Varicose Veins—Goitre or Bronchocele.

Diseases of the Digestive System :—Stomatitis Thrush—Cancrum Oris—Teething or Dentition—Toothache—Gum boil—Glossitis—Ulcer of the Tongue—Sore Throat—Clergyman's Sore Throat—Tonsillitis—Gastritis—Hæmatemesis—Indigestion—Dyspepsia—Gastrodynia—Water-Brush—Vomiting—Dysentery—Hernia—Worms—Diarrhœa—Colic—Constipation—

Piles—Fistula—Prolapsus Ani—Hepatitis—Abscess of the Liver—Torpidity of the Liver—Chronic Enlargement of the Liver—Jaundice—Peritonitis.

Diseases of the Urinary Organs:—Nephritis—Albuminuria—Bright's Disease—Chyluria—Uriteritis—Hæmaturia—Cystitis—Calculus—Urinary Difficulties—Gonorrhœa—Diabetes—Retention of Urine—Suppression of Urine.

Diseases of the Nervous System:—Cerebral Congestion—Cerebral Hæmorrhage—Cerebral Softening—Apoplexy—Stroke—Acute Meningitis—Tubercular Meningitis—Paralysis—Tetanus (Lock-Jaw)—Hydrophobia—Infantile Convulsions—Epilepsy—Chorea or St. Vitu's Dance—Hysteria—Hypochondria—Delirium Tremens—Neuralgia—Nervous Headache—Insanity.

Diseases of the Eyes:—Ophthalmia—Iritis—Amblyopia—Muscæ Volitantes—Strabismus or Squinting—Myopia—Cataract—Inflammation of the Eyelid—Hordeolum—Granular Eyelid—Entropium and Ectropium.

Diseases of the Ear:—External Ear Erruptions—Wax-accumulation—Abscess of the Meatus—Earache—Anral Catarrh—Otitis—Deafness.

Diseases of the Nose.—Coryza—Ozaena—Epistaxis—Polypus of the Nose—Anosmia.

Diseases of the Skin:—Erythema—Roseola—Urticaria—Herpes—Eczema—Pemphigus—Impetigo—Lichen—Prurigo—Psoriasis—Pityriasis—Strophulus—Acne—Mentagra—Chilblain—Ulcers—Boil—Corn—Nævus—Mole—Warts—Ring-worm—Scabies—Medicinal Rashës.

Miscellaneous Diseases:—Intertrigo—Alopecia—Carbuncle—Whitlow—Bunion—Ganglion—Housemaid's Knee—Morbus Coxæ—Hydrocele—Varinocèle—Sleeplessness—Obesity—Guinea-Worm—Curvature of the Spine—Abscess—Spleen—Elephantiasis.

“Part V. is sub-divided into two Chapters. The first one treats of the cases of poisoning by several kinds of vegetable and mineral poisons, together with Snake-bites and Scorpion stings, and their treatment with antidotes. The second Chapter treats of the different accidents, which a man is liable to meet with during the course of his life; with their treatment, such as drowning, falling, &c.

"This book is written in as simple a language as is possible for medical writers to write on. Great care has been taken to make it simple by avoiding, as much as possible medical terms, and for the understanding of those medical terms, which have come in use and could not be avoided, a Glossary has been attached to the end of the book.

"In the end I have only to say that this book contains all what is requisite of a book on Domestic medicine, and, in fact, something more. The Chapter on Hygiene is to be met in very few books on Domestic medicine, and the Chapter on Food perhaps in none, at least of the sort which this contains. The Chapter on Physiology is also seldom met in a book on the subject."

No family should be without it. We confidently recommend this book to all who know English, and we are sure that they will thank us after perusing it. It contains about 500 pages. It is an indispensable companion to Europeans Guide and Medical Companion in India.

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ON

Dyspepsia and Constipation

BY

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We take the opportunity of presenting a small pamphlet on "Dyspepsia and Constipation," written by that eminent medical man, Dr. Gangadin, whose name of late has become a household word in the country. Its appearance at this time, when the diseases, about which it treats, are much prevalent in almost all the cities of India, will be hailed with joy at least by the poor sufferers, who owing to its clear and practical instruction with prescriptions of well-tried medicines will undoubtedly consider it a timely boon bestowed on them.

To give an idea of the pamphlet, we quote in full the author's preface.

"Dyspepsia and its usual attendant, Constipation, are so much prevalent in this country, specially in its large towns, that people of all classes and shades fall a prey to their attack in some part of their life. They are not only very troublesome in their actions, but often blight the brilliant future of many promising young persons, by debilitating and deteriorating them, both in their mental and physical strength and capabilities. Poor sufferers of these diseases are not only preyed upon by them, but also by the numerous quacks which are so rife in this country, and who prey upon both their health and pocket through advertisements of the so-called specifics, or nostrums. Under such a circumstance it is most desirable that a popular treatise upon these diseases should be given to the public to guard themselves against an attack, and if attacked to make them understand and treat their own cases as far as possible for lay readers to do in such cases, and to fulfil that, I come with this pamphlet, with a full hope that it will serve to effect the desired purpose. I do not mean to supersede the duties and necessities of a medical man by introducing this pamphlet among the people; it is only to afford them with instruction, which might be of much use to them in ordinary cases where no medical aid is to be found.

" This pamphlet contains four Chapters. Chapter I., which is on Digestion, treats in a brief way how food is digested, assimilated and converted into blood. Chapter II., which is on Indigestion, describes Indigestion or the acute form of Dyspepsia, its causes, symptoms and treatment, both medical and accessory. Chapter III., which is on Chronic Dyspepsia, explains what Chronic Dyspepsia is, how it is produced, the troubles with which people suffer in it, and its treatment. Under treatment, besides the prescription of medicines, the hygienic rules to be observed in this disease are also given, which are as much essential as medicines for the cure of the malady. Chapter IV., treats of Constipation, its causes, sufferings, and treatment, both medical and accessory.

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